



PROTECT THE SKIN YOU'RE IN!

According to the American Cancer Society, 1 in 5 Americans will be diagnosed with skin cancer. More than 90% of all skin cancers are caused by exposure to ultraviolet radiation emitted by the sun. Research shows that the risk of developing skin cancer is increased by experiencing two or more sunburns as a child.

Skin cancer is highly preventable when sun safety practices are in place:

- Reduce sun exposure from 10am to 4pm, when UV rays are the strongest.
- Wear tightly-woven, loose fitting clothing that covers as much of the body as possible.
- Wear a wide-brimmed hat (at least 4 inches) that produces a shadow that covers the eyes, nose, face, ears and back of the neck.
- Find shade to shield you, especially from 10am- 4pm. Parents should consider putting at home play equipment like swing sets in the shade.
- Use sunglasses that include a warranty stating that they provide 100 percent UVA and UVB protection.
- Liberally apply sunscreen to exposed skin one half hour before going outdoors.
- Apply sunscreen every two hours.
- Use Lip balm with SPF 15 or greater.
- Avoid tanning salons, booths and sunlamps.

Don't forget that the UVs will still affect you under water, under cloud cover and at high altitudes. Any person, regardless of skin color, can get skin cancer. Protect both you and your children from developing skin cancer.

For more information go to: www.dhs.ca.gov/edc/cpns/skin/default.htm

