



SUN smart

It's your skin. Wear it well!

Protect your family from the sun.

Skin cancer, the most common of all cancers, occurs in more than two million people each year. Since skin damage can happen year-round, it's important to protect yourself and your loved ones from the harmful effects of the sun. Avoid the sun when ultraviolet (UV) rays are strongest, generally between 10 a.m. and 4 p.m., and remember to **Slip! Slop! Slap!**[®]

Slip! on a shirt.

Cover up with protective clothing when out in the sun. Choose comfortable clothes made of tightly woven fabrics you can't see through when held up to a light.

Slop! on sunscreen.

Sunscreen with a sun protection factor (SPF) of 15 or higher provides good defense against the sun's harmful UV rays. Apply sunscreen 20 to 30 minutes before going outdoors and be sure to reapply at least every two hours, especially after swimming, perspiring heavily, or toweling off.

Slap! on a hat.

Cover your head with a wide-brimmed hat, shading your face, neck, and ears. If you choose a baseball cap, remember to protect your face, ears, and neck with sunscreen.

Wrap on sunglasses.

UV rays can also damage the eyes. Wrap-around sunglasses with 99-100% UV absorption provide the best protection for the eyes and surrounding skin.

For more information about skin cancer, call the American Cancer Society at 1-800-227-2345, 24 hours a day, seven days a week; or visit cancer.org/sunsafety. We want to help you stay well.

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