

Be Safe! Be SunAWARE!

SunAWARE

Avoid unprotected exposure to sunlight, seek shade, and never indoor tan.

Wear sun protective clothing, including a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses year-round.

Apply recommended amounts of BROAD SPECTRUM sunscreen with a sunburn protection factor (SPF) ≥ 30 to all exposed skin and reapply every two hours, or as needed.

Routinely examine your whole body for changes in your skin and report concerns to a parent or healthcare provider.

Educate your family and community about the need to be SunAWARE.

PROTECT YOUR SKIN TODAY AND EVERY DAY!

- Use the UV Index everyday to plan sun protection, especially during peak hours from 10 am to 4 pm.
- Remember UV rays can penetrate clouds and reflect off water, snow, sand and pavement.
- Register for "EnviroFlash" at www.epa.gov for a daily UV index alert.
- Remember tanning is never healthy and does not provide a safe "base" tan.



- Cover up by wearing wide brimmed hats, sunglasses, long sleeves, pants, or protective clothing.
- Remember to look for the Ultraviolet Protection Factor (UPF) on clothing and UV protection sticker on sunglasses.



- Apply a handful of BROAD SPECTRUM sunscreen to all exposed skin from head to toe.
- Read the label for "water resistant" claims that indicate how long a sunscreen is effective while swimming or perspiring.
- Remember not to apply sunscreen to broken skin.



- Check your skin regularly for signs of sun damage including freckles and moles.
- Remember that we are not born with freckles but develop them from overexposure to UV rays.
- Check your skin for moles. Make sure that they are similar in appearance, color and size. Look for changes and report anything suspicious to your parent.



- Everyone needs to know how to be safe from skin cancer.
- Go to www.melanomaprevention.org for more information, as well as free tools and resources to use in your own community.
- We are available to assist you with special projects and programming.



Association of Dermatology Administrators & Managers
BCCNS Life Support Network
Blue Hills Community Health Alliance
Boston Medical Center

Dermatology Nurses' Association
National Council on Skin Cancer Prevention
South Shore Skin Center and Spa
Women's Dermatologic Society