## Be Safe! Be SunAWARE!

## SunAWARE



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

## 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.



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





Remember to look for the Ultraviolet Protection Factor (UPF) on clothing and UV protection sticker on sunglasses.



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.

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.

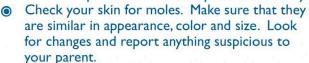


Routinely examine your whole body for changes in your skin and report concerns to a parent or healthcare provider.

need to be SunAWARE.

ducate your family and community about the

- 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.





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