

Be Sun Smart, Skin Safe



1 in 5
people get skin cancer.
Don't be one of them.

PROTECT YOURSELF FROM THE SUN



Use mineral-based sunscreen – SPF 30 or higher

- Apply 20-30 minutes before sun exposure
- Check the sunscreen expiration date



Avoid the sun during the hottest part of the day



Check the Ultra-Violet (UV) Index on your weather app



1 2

Low

No protection needed



3 4 5

Moderate

Some protection is required



6 7

High

Protection essential



8 9 10

Very High

Extra protection is needed



11+

Extreme

Stay inside



Wear a hat, sunglasses and long-sleeved shirts



Carry your own shade



Use mineral-based lip balm – SPF 15 or higher

PAY ATTENTION TO ANY CHANGES IN YOUR SKIN.

Common signs of skin cancer include:

- a sore that does not heal
- a new growth or mole
- a change in the color, shape, size, or border of an existing mole

Contact your doctor or a dermatologist if you see a change in your skin.



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LEARN MORE:

skincancer.org

skincancerprevention.org

madesafe.org

aad.org/media/stats-sunscreen

augusta.edu/cancer/community

What to Look For in Sunscreen

USE MINERAL-BASED SUNSCREEN

- Contains zinc oxide; non-nano titanium dioxide
- Eco-friendlier to aquatic life, reefs
- Appropriate for sensitive skin

USE GEL, LOTION, CREAM, OR STICK

SPF 30 OR HIGHER EVERY DAY

WATER RESISTANT

BROAD SPECTRUM

Protects against both kinds of ultraviolet rays, UVA and UVB rays

UVA = AGING RAYS

- Cause premature aging, wrinkles, and age spots
- Damages skin causing it to lose elasticity
- Can pass through glass

UVB = BURNING RAYS

- Penetrates skin
- Damages DNA in skin cells, leading to cancer
- Does not pass through glass

APPLY SUNSCREEN FOR MAXIMUM PROTECTION

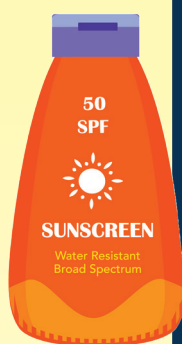
- Be liberal – 2 tsp.
- Apply 20-30 minutes **before** sun exposure
- Apply often – every 2 hours
More often if swimming or sweating.

IS IT EXPIRED? CHECK THE "USE BY" DATE

- Shelf-life 2-3 years
- After opening lasts 12-18 months

NOTE: NO SUNSCREEN IS 100% PROTECTIVE

AVOID CHEMICAL SUNSCREEN oxybenzone, paba octinoxate, and avobenzone; avoid nanoparticles



Start Early to Keep Babies Safe from Sunburn and Skin Damage

The skin of newborns and babies is easily damaged by the sun's rays.

- Keep newborns and babies younger than 6 months out of direct sunlight
- For all babies, use protective clothing like hats and long-sleeves
- Keep babies in the shade



Check with the baby's doctor before using sunscreen on babies older than 6 months of age

- Mineral-based sunscreen may be appropriate for older babies
- If a rash develops from sunscreen, stop using it and talk to the doctor



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