The Friday of Memorial Day Weekend is **DON'T FRY DAY!**

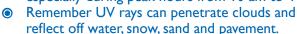
SunAWARE



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

PROTECT YOUR SKIN TODAY AND EVERY DAY!

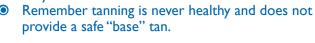
• Use the UV Index everyday to plan sun protection, especially during peak hours from 10 am to 4 pm.





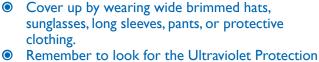
provide a safe "base" tan.



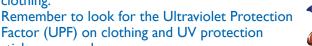




Wear sun protective clothing, including a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses year-round.



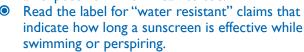
sticker on sunglasses.



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.

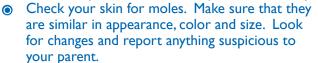


Remember not to apply sunscreen to broken skin.



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

- 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.





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

- 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.





