



# Safe in the Sun

While the warmer months are a great time to get out and enjoy the sunshine and fresh air, it's important that everyone stays safe from the sun's harmful rays.



## What's The Danger?



Nearly 10,000 people are diagnosed with **skin cancer** each day in the U.S.



In the **US**, more people are diagnosed with skin cancer annually than any other type of cancer combined



**1 in 5** Americans will develop skin cancer in their lifetime



If a person has had more than **5 sunburns**, their risk of skin cancer doubles



## Protect Yourself!



Limit sun exposure between **10am** and **4pm**, which is when the sun's rays are the strongest



Use **SPF 30** or higher. The higher the SPF factor, the more protection is offered



Reapply sunscreen every **two hours**, and after you go swimming



Choose protective clothing - clothing that covers skin as much as possible



Select **sunglasses** that block at least 99% of UVB rays



Get checked **yearly** for sun damage and irregular moles