



Use sunscreen with a SPF of 30 or higher and make sure it has UVA and UVB protection.

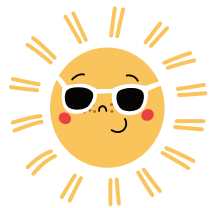


Limit exposure to the sun during the hours of 10 a.m. to 4 p.m., when UV rays are most intense; seek shade when possible.



Apply sunscreen 20-30 minutes before going outside and remember to reapply after swimming.

Sun Safety First



Wear sunglasses that are made to block 100 percent of UVA and UVB rays.



Wear a hat with a wide brim to protect your face, head, ears and neck.

Skin Cancer Facts to Know:

- Skin cancer is the most common form of cancer in the United States. Melanoma ranks fifth in cancer incidences in Alabama.
- Chronic sun exposure, whether from natural light or indoor tanning, is the leading cause of skin cancer.
- Exposure to UVA and UVB radiation from the sun, tanning beds, or sun lamps is the major cause of all three types of skin cancer - melanoma, squamous cell carcinoma, and basal cell carcinoma.
- Individuals of all races, skin types, and skin tones are at risk of developing skin cancer. Although skin cancer is less common among nonwhite racial ethnic groups, they tend to be diagnosed at a later and less treatable stage.
- Even if it's cool and cloudy, you still need protection. UV rays, not the temperature, cause the damage.

Learn more about skin cancer prevention and how to protect yourself from the sun at:
alabamapublichealth.gov/cancer/skin.html

