



Skin Cancer 30 Sec PSA

Summer's here, more of us are headed outside again, and temperatures are high. Unfortunately, so is the risk of developing skin cancer.

The sun's harmful ultraviolet rays can damage your skin if it's not properly protected, so whenever you're out in the sun this summer, make sure you take the necessary precautions. Be sure to wear protective clothing like hats and shirts with long sleeves and repeatedly apply sunscreen to keep yourself cool and your skin protected.

For more information, visit our website at AlabamaPublicHealth.gov. That's AlabamaPublicHealth.gov.

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