

## National Council on Skin Cancer Prevention

# Sun Protection Messages



### 1. **Do Not Burn or Tan**

- Avoid intentional tanning.
- Avoid tanning beds.

Ultraviolet light from the sun and tanning beds causes skin cancer and wrinkling.



### 2. **Seek Shade**

- When sun's rays are the strongest between 10 a.m. and 4 p.m.



### 3. **Wear Protective Clothing**

- Long-sleeved shirt and pants.
- A wide-brimmed hat and sunglasses.



### 4. **Generously Apply Sunscreen**

- Use a broad spectrum sunscreen with SPF 30 or higher for protection from ultraviolet A (UVA) and ultraviolet B (UVB) radiation.
- Apply 15 minutes before going outdoors and reapply every two hours.



### 5. **Use Extra Caution Near Water, Snow, and Sand**

- These surfaces reflect the damaging rays of the sun, which can increase your chance of sunburn.



### 6. **Get Vitamin D Safely**

- Through a healthy diet.
- Take vitamin supplements.

Early detection of melanoma can save your life. Carefully examine all of your skin once a month. A new or changing spot should be evaluated.