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

PROTECT YOUR SKIN TODAY AND EVERY DAY
- There will be over five million new cases of skin cancer diagnosed in the U.S. this year.
- One American dies every 45 minutes from skin cancer.
- Melanoma accounts for 90% of skin cancer deaths.
- Melanoma is the leading cause of cancer in young, white, American women.
- 72% of melanomas in children occur in girls between the ages of 15 to 19.
- Skin cancer is preventable and easily recognized.

SunAWARE

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

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

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.

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

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

ANYONE CAN DEVELOP SKIN CANCER ANYWHERE ON THEIR BODY

Basal/Squamous
- Persistent
- Easily irritated
- Enlarging
- Recurrent

Melanoma
- Asymmetrical
- Border irregular
- Color variable
- Diameter enlarging
- Evolving

On Don’t Fry Day, and Every Day, Please Be Safe. Be SunAWARE!

National Council on Skin Cancer Prevention

Association of Dermatology Administrators & Managers
BCCNS Life Support Network
Blue Hills Community Health Alliance
Boston Medical Center
Dermatology Nurses’ Association
South Shore Skin Center and Spa
Women’s Dermatologic Society

Children’s Melanoma Prevention Foundation . 75 Washington Street . Norwell, MA 02061 . 781.875.15SPF (1773)
www.melanomaprevention.org