**Tweets for Twitter**

**Don’t Fry Day**
Friday, May 25, 2018

Tweet with us @skincancerprev. Here are some sample tweets you can use for #DontFryDay:

**Young People**

Be cool and wear your shades – UV rays can hurt your eyes. Get more tips for healthy eyes: [http://ow.ly/102Br0 #DontFryDay](http://ow.ly/102Br0)

May 26 is #DontFryDay. Keep a bag by the door with hat, sunglasses, protective clothing, sunscreen [http://ow.ly/102Br0](http://ow.ly/102Br0)

Improved sun protection at any age reduces your risk of skin cancer. So, be SunWise! [http://ow.ly/102Br0 #DontFryDay](http://ow.ly/102Br0)

#Teens #Moms #Women, Face It—too much sun causes damage and wrinkles your skin. #protectyourskin every day [http://ow.ly/102Br0](http://ow.ly/102Br0)

Love your skin: give it a good cover-up on #DontFryDay & every day. [http://ow.ly/102Br0](http://ow.ly/102Br0)


#DYK most wrinkles are caused by overexp to UV rays? On #DontFryDay & every day, #protectyourskin [http://pin.it/ZvKKKJB http://ow.ly/102Br0](http://pin.it/ZvKKKJB http://ow.ly/102Br0)

What are you doing to take care of your skin on #DontFryDay & every day? Remember: Slip! Slop! Slap! & Wrap! [http://ow.ly/102Br0](http://ow.ly/102Br0)

Embrace ur beautiful natural skin color & #protectyourskin from the sun. #DontFryDay & every day [http://pin.it/woP_fMo http://ow.ly/102Br0](http://pin.it/woP_fMo http://ow.ly/102Br0)

The natural color of your skin is beautiful. Keep it that way #protectyourskin every day [http://ow.ly/102Br0](http://ow.ly/102Br0)

Improved sun protection at any age reduces your risk of skin cancer. So, be SunWise! #DontFryDay [http://ow.ly/102Br0](http://ow.ly/102Br0)

It’s your skin. Wear it well! Cover up #DontFryDay and everyday [http://ow.ly/102Br0](http://ow.ly/102Br0)

On #DontFryDay, do your skin a favor & cover up. [http://ow.ly/102Br0](http://ow.ly/102Br0) #protectyourskin

This #DontFryDay (& every day), remember that pale is beautiful and healthy. [http://pin.it/bKCRjAE](http://pin.it/bKCRjAE) #protectyourskin [http://ow.ly/102Br0](http://ow.ly/102Br0)

On #DontFryDay & every day, remember vampires are in! Revamp your skin – pale is the new tan. [http://ow.ly/102Br0](http://ow.ly/102Br0)

On #DontFryDay & every day, remember: Pale is the new tan [http://ow.ly/102Br0](http://ow.ly/102Br0) #protectyourskin

#DontFryDay is May 25. Tell your friends, enjoy the outdoors with sun protection [http://ow.ly/102Br0](http://ow.ly/102Br0)

#protectyourskin
#Dermatologists agree sun protection is best method of preventing premature aging, #skincancer
http://ow.ly/102Br0 #DontFryDay

**Caregivers**

Did you know sunburn as a kid could lead to skin cancer later in life? Protect your child on #DontFryDay & every day http://ow.ly/102Br0

Keep babies, 6 months or younger, out of the sun. Their skin – even with sunscreen – is too sensitive. http://ow.ly/102Br0 #DontFryDay

Check to see if your local elementary school is a @NEEFusa SunWise School. For more information, check http://ow.ly/103Edg #dontfryday

#DontFryDay is a great way to teach #activechildren how to enjoy the outdoors, stay safe from UVR http://ow.ly/102Br0

#Moms #Teachers #Coaches You can help educate about #skincancer prevention & detection http://ow.ly/102Br0 #DontFryDay

#littleleague #DontFryDay advice is a great way to start the season #protectyourskin http://ow.ly/102Br0

#Moms #Teachers Use #DontFryDay to educate children to prevent premature aging and #skincancer #protectyourskin http://ow.ly/102Br0

Worshiping the sun can lead to skin cancer. Protect yourself & your loved ones. http://ow.ly/102Br0 #DontFryDay

Educate your family and community about #skincancer prevention #DontFryDay http://ow.ly/102Br0 #protectyourskin

Educating others about #skincancer prevention is a social responsibility http://ow.ly/102Br0 #DontFryDay #protectyourskin

#Newborns #Moms Sun protection methods should be used and taught from Day1 #protectyourskin http://ow.ly/102Br0 #dontfryday

**Protection**

#DYK your natural skin tone offers very limited sun protection, so wear SPF 30+ when outdoors. #DontFryDay http://ow.ly/102Br0

#DontFryDay is a good time to check your sunscreen. Make sure it’s broad spectrum SPF 30+ http://ow.ly/102Br0

Use broad-spectrum sunscreen with SPF 30+ every day. Apply 15m before sun & reapply every 2hrs http://ow.ly/102Br0 #dontfryday

Celebrate #DontFryDay today & every day by wearing sunscreen, covering up, & seeking the shade http://ow.ly/102Br0

Get your local school involved in the #DontFryDay pledge: http://ow.ly/103Edg

On #DontFryDay & every day, apply palm full of sunscreen on exposed skin & reapply every 2 hours! http://pin.it/BjXW8RM http://ow.ly/102Br0

On #DontFryDay & every day, seek shade between 10am - 4pm when the sun's UV rays are the strongest. http://ow.ly/102Br0
#DontFryDay remember the shadow rule when in the sun: No Shadow, Seek Shade #protectyourskin
http://pin.it/MBXQh15 http://ow.ly/102Br0
Remember the shadow rule when in the sun: Watch Your Shadow. No Shadow, Seek Shade
http://ow.ly/102Br0 #dontfryday
Check out the sun safety vacation packing list & all kinds of free resources at http://ow.ly/102Br0.
#DontFryDay
#sunsafety vacation packing list: sun protective clothing, SPF 30+ sunscreen #protectyourskin
http://ow.ly/102Br0 #dontfryday
For #DontFryDay, check out all kinds of free resources at http://ow.ly/102Br0. Check out the sun safety vacation packing list!
Slip on a shirt – it’s sexier #DontFryDay & everyday http://ow.ly/102Br0 #protectyourskin
Slip on a shirt on #DontFryDay & every day http://ow.ly/102Br0 #protectyourskin
Slop on some sunscreen (SPF 30 or higher) on #DontFryDay & every day http://ow.ly/102Br0 #protectyourskin
Slap on a wide-brimmed hat on #DontFryDay & every day http://ow.ly/102Br0 #protectyourskin
Wrap on some sunglasses on #DontFryDay & every day http://ow.ly/102Br0 #protectyourskin
Don't forget to Slip! Slop! Slap! & Wrap! #DontFryDay & every day. http://ow.ly/102Br0 #protectyourskin
On #DontFryDay & every day, remember Slip! Slop! Slap! & Wrap! http://ow.ly/102Br0
Slip on shirt; slop on SPF 30+; slap on wide-brimmed hat; & wrap on sunglasses http://pin.it/wAgsmQL
http://ow.ly/102Br0 #DontFryDay
You can get a sunburn in the car, so apply sunscreen during long rides. http://pin.it/0UPO9u0 http://ow.ly/102Br0 #DontFryDay
#DontFryDay: reminding you to seek the shade, not the sun. http://ow.ly/102Br0 #protectyourskin
On #DontFryDay & every day remember to find shade, wear protective clothing & sunscreen http://ow.ly/102Br0
#ActiveWomen Learn how to #protectyourskin while enjoying the outdoors http://ow.ly/102Br0 #dontfryday
#sportsmen #sportswomen Enjoy the outdoors and celebrate your skin. Use sun protection methods http://ow.ly/102Br0 #dontfryday
#ActivePeople The Friday before Memorial Day is #DontFryDay #protectyourskin http://ow.ly/102Br0
#seniors #activeseniors #DontFryDay sun protection at any age reduces your risk of #skincancer http://ow.ly/102Br0
May 26 is #DontFryDay. Start now #protectyourskin http://ow.ly/102Br0
#DontFryDay tips are valid 5/26 and every day. #Protectyourskin, protect your life http://ow.ly/102Br0
Indoor and Outdoor Tanning

Think that tanning bed is safer than the sun? Think again. #DontFryDay any day [http://ow.ly/102Br0](http://ow.ly/102Br0)

#Teens use #DontFryDay to pledge not to use tanning beds. #Melanoma most common cancer among 15-19 yo [http://ow.ly/102Br0](http://ow.ly/102Br0)

Think tanning bed is keeping you healthy looking year round? Nope, it’s robbing you of ur health year round [http://ow.ly/102Br0](http://ow.ly/102Br0) #DontFryDay

The use of a tanning bed is just as harmful as time in the sun. Be safe, don’t tan. [http://ow.ly/102Br0](http://ow.ly/102Br0) #DontFryDay

Avoid unprotected exposure to UVR, including tanning beds. Seek shade. #protectyourskin every day [http://ow.ly/102Br0](http://ow.ly/102Br0) #dontfryday

#DYK ultraviolet radiation is a carcinogen, whether from sun or artificial source like a tanning bed lamp? [http://ow.ly/102Br0](http://ow.ly/102Br0) #DontFryDay

This #DontFryDay, tell your friends to limit their time in the sun & avoid tanning beds. [http://ow.ly/102Br0](http://ow.ly/102Br0)

Your tan is killing you. Don’t tan. Don’t burn. This May 25, #DontFryDay [http://ow.ly/102Br0](http://ow.ly/102Br0)


#DontFryDay reminds you that tanning could lead to skin cancer [http://ow.ly/102Br0](http://ow.ly/102Br0) #protectyourskin

That glow from your tan means your skin is dying. So might you. Don’t tan. [http://ow.ly/102Br0](http://ow.ly/102Br0) #DontFryDay

Remember lying in the sun & rubbing baby oil on your skin? If only you knew then what you know now [http://ow.ly/102Br0](http://ow.ly/102Br0) #DontFryDay

Tans are a symptom of damaged skin. #protectyourskin [http://ow.ly/102Br0](http://ow.ly/102Br0) #dontfryday

The search for a beautiful tan killed her. And him. And them. Don’t tan. Don’t burn. This May 25, #DontFryDay [http://ow.ly/102Br0](http://ow.ly/102Br0)

There is nothing pretty about #skincancer. #protectyourskin every day [http://ow.ly/102Br0](http://ow.ly/102Br0) #dontfryday

Expose yourself! Then watch your skin wrinkle and maybe #skincancer will occur [http://ow.ly/102Br0](http://ow.ly/102Br0) #DontFryDay

There’s nothing healthy about tanning. Know the facts. [http://ow.ly/102Br0](http://ow.ly/102Br0) #DontFryDay


Tan today, skin cancer tomorrow. Don’t tan. Don’t burn. This May 25, #DontFryDay [http://ow.ly/102Br0](http://ow.ly/102Br0)

Even a little tan can lead to cancer. Is it worth it? [http://ow.ly/102Br0](http://ow.ly/102Br0) #DontFryDay


What’s the main cause of #skincancer? Being exposed to UV radiation from the sun & indoor tanning [http://ow.ly/102Br0](http://ow.ly/102Br0) #DontFryDay
Friends don’t let friends get skin cancer. Don’t tan. Don’t burn. This May 25, #DontFryDay http://ow.ly/102Br0

#DontFryDay: reminding you that tan today = wrinkled tomorrow. http://pin.it/r1m3Rkp #protectyourskin http://ow.ly/102Br0

The search for a beautiful tan could lead to skin cancer. Protect yourself. http://ow.ly/102Br0 #DontFryDay

**Skin Cancer/Melanoma**

Skin cancer is the most common cancer in U.S. Almost 5 million people are diagnosed each year. http://ow.ly/102Br0 #DontFryDay

#DYK #skincancer is the most common form of cancer in the US with +2M cases/year http://ow.ly/102Br0 #DontFryDay

Each year there’s more new cases of #skincancer than breast, prostate, lung & colon cancers COMBINED http://ow.ly/102Br0 #dontfryday

#Skindcancer is one of the most preventable forms of cancer. #protectyourskin every day http://ow.ly/102Br0 #dontfryday

One American dies every hour from skin cancer. #ProtectYourSkin on #DontFryDay & every day. http://ow.ly/102Br0

There are more new cases of skin cancer than new cases of breast, prostate, lung & colon cancer COMBINED. http://ow.ly/102Br0 #DontFryDay

Lots of #cancer incidence is falling, but #melanoma is rising faster than the 7 most common cancers http://ow.ly/102Br0 #dontfryday

One in five Americans will develop #skincancer. Be safe in the sun. #DontFryDay & every day http://ow.ly/102Br0

1 in 5 Americans will develop #skincancer in the course of a lifetime. #protectyourskin #dontfryday http://ow.ly/102Br0

Melanoma is rising at a rate faster than any of the 7 most common cancers. #DontFryDay & every day http://ow.ly/102Br0

Melanoma is among the most common forms of cancer for young adults 15-29. #protectyourskin on #DontFryDay & every day. http://ow.ly/102Br0

**Other**

Every skin color is at risk for skin cancer. Dark skin. Light skin. Protect your skin. This May 25, #DontFryDay http://ow.ly/102Br0

Find out more about #DontFryDay at http://ow.ly/102Br0

Get your vitamin D safely! Take supplements & protect your skin from harmful UV rays. #DontFryDay & every day http://ow.ly/102Br0

Take supplements if concerned about Vitamin D. Use sun protection methods http://ow.ly/102Br0 #dontfryday

Get your vitamin D safely - protect your skin from harmful UV rays. #DontFryDay & every day http://ow.ly/102Br0
#DontFryDay & every day, get your vitamin D safely. Take supplements #protectyourskin from harmful UV rays http://ow.ly/102Br0

#DontFryDay is the first day of the rest of your life using sun protection #protectyourskin http://ow.ly/102Br0

On #DontFryDay & every day, plan your daily activities after checking the @EPA UV Index at http://ow.ly/103DEd #protectyourskin

Download the @EPA UV Index smartphone app: http://ow.ly/10kDNd #DontFryDay

Download the @EPA UV Index widget onto your computer http://ow.ly/103E1a dontfryday #protectyourskin

Be prepared for fun in the sun this #DontFryDay & every day! Sign up for daily @EPA UV Index emails. http://ow.ly/103Eoh

Spread the word about being #sunsmart. Tell a friend about #DontFryDay. http://ow.ly/102Br0

Give #DontFryDay information to your local newspaper. Help spread the word about skin cancer prevention and detection http://ow.ly/102Br0

Join the cause. Become a friend of Don’t Fry Day on Facebook. #DontFryDay & every day http://ow.ly/10kFWO

Follow @skincancerprev on Twitter and Facebook http://ow.ly/1030N0 and #protectyourskin dontfryday

#DontFryDay is supported by the many organizations of @skincancerprev http://ow.ly/102Br0

The Friday before Memorial Day is #DontFryDay. #ProtectYourSkin today & every day. http://ow.ly/102Br0

#DYK your skin is your body’s largest organ? #protectyourskin on #DontFryDay & every day. http://ow.ly/102Br0

May 25 is #DontFryDay. Together we can help lower numbers of diagnosed #skincancer #protectyourskin http://ow.ly/102Br0

#Sailors use #DontFryDay advice as part of safety materials. Teach #juniorsailors how to care for skin every day http://ow.ly/102Br0

Tell others: the Friday before Memorial Day, May 25 is #DontFryDay #protectyourskin http://ow.ly/102Br0

Organizations around the country support #DontFryDay. Find out why http://ow.ly/102Br0 #protectyourskin

Get regular full-body skin checkups at your doctor’s office. http://ow.ly/102Br0 #DontFryDay

Get a skin checkup at your doctor’s office http://ow.ly/102Br0 dontfryday #protectyourskin

Any change to your natural skin color is a sign of damage to your skin. Know the signs #DontFryDay & every day http://ow.ly/102Br0