



ARE YOU AND YOUR FAMILY SUN SAFE?

Winter, spring, summer, or fall, kids and adults enjoy spending time outdoors and in the sun. However, while some sun exposure can be enjoyable, too much is dangerous. Overexposure to ultraviolet (UV) radiation in sunlight and indoor tanning devices can result in serious health effects, including skin cancer. Youth are particularly at risk of overexposure since a substantial amount of the average person's lifetime UV exposure occurs before the age of 18. Even one severe sunburn in childhood can double the risk of developing skin cancer later in life.

Most people are not aware that skin cancer, while largely preventable, is the most common form of cancer in the United States. By following a number of simple steps, you can still enjoy time outdoors while protecting yourself and your family from overexposure to UV radiation. The American Cancer Society says to **Slip** on a shirt, **Slop** on sunscreen with a sun protection factor (SPF) of 15 or higher, and **Slap** on a hat. You can also wrap on sunglasses for added protection. Remember to always be a role model and teach kids sun safe behaviors.

Infants

- Do not use sunscreen on babies under 6 months old.
- Cover babies with protective clothing and hats when outdoors.
- Shade babies with carrier/stroller covers or umbrellas.
- Avoid direct sun exposure. An infant's sensitive skin can burn in minutes.

Kids

- Apply UVA/UVB SPF 15+ sunscreen every day outdoor activities are planned.
- Teach kids to carry sunscreen and reapply every two hours and after swimming and sweating.
- Remind kids that a sunburn is painful and hurts their skin.

Adults

- Apply UVA/UVB SPF 15+ sunscreen every day outdoor activities are planned.
- Avoid outdoor sunbathing and indoor tanning devices that emit UV radiation.
- Reapply sunscreen every two hours and after swimming and sweating.

Everyone

- To be effective, sunscreen needs to be generously applied 30 minutes before sun exposure.
- Limit the time spent in the sun, especially during mid-day hours.
- Seek shady areas when outdoors.
- Wear protective clothing that includes a wide-brimmed hat and sunglasses.

Sources: American Cancer Society, Centers for Disease Control and Prevention, Environmental Protection Agency
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The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer, through research, education, advocacy, and service. No matter who you are, we can help. Contact us anytime, day or night, for information and support. **Hope.Progress.Answers.** / 1.800.ACS.2345 / www.cancer.org