



# SUN smart

It's your skin. Wear it well!

## Protect your family from the sun.

Each year, more than 2 million people develop skin cancer, the most common of all cancers. The sun can damage your skin year-round, so it's important to protect yourself and your loved ones from its harmful effects. Avoid the sun when ultraviolet (UV) rays are strongest, generally between 10 a.m. and 4 p.m., and remember to **Slip! Slop! Slap!®** and **Wrap!**

## Slip! on a shirt.

Cover up with protective clothing when out in the sun. Choose comfortable clothes made of light-colored, tightly woven fabrics you can't see through when held up to a light.

## Slop! on sunscreen.

Using sunscreen with a sun protection factor (SPF) of 30 or higher is a good defense against the sun's harmful UV rays. Apply sunscreen 20 to 30 minutes before going outdoors, and be sure to put on more at least every 2 hours, especially after swimming, perspiring heavily, or toweling off.

## Slap! on a hat.

Cover your head with a wide-brimmed hat that shades your face, neck, and ears. If you wear a baseball cap, remember to put sunscreen on your face, ears, and neck.

## Wrap! on sunglasses.

UV rays can also damage your eyes. Wrap-around sunglasses with 99%-100% UV absorption provide the best protection for the eyes and the skin around them.

**For more information about skin cancer, call the American Cancer Society at 1-800-227-2345, 24 hours a day, 7 days a week, or visit [cancer.org/sunsafety](http://cancer.org/sunsafety). We want to help you stay well.**

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