

Be Safe! Be SunAWARE!

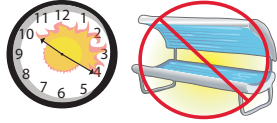
"AWARE" is an acronym for five, easy action steps. Here they are along with practical tips:

SunAWARE Steps

SunAWARE Tips

A

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



Use the UV Index to plan how to protect yourself especially during peak hours between 10 am and 4 pm. UV rays can penetrate clouds and reflect off water, snow, sand and pavement. Register for "EnviroFlash" at www.epa.gov for a daily UV index alert. Remember, tanning is never healthy and does not provide a safe "base" tan.

W

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



You need to cover up! Hats, sunglasses, and clothing provide the best kind of sun protection for your skin. Look for the "UPF" rating system on clothes and a broad-spectrum label for sunglasses.

A

Apply recommended amounts of broad-spectrum sunscreen with a sunburn protection factor (SPF) ≥ 15 to all exposed skin and reapply every two hours, or as needed.



Apply a handful of "Broad Spectrum" sunscreen that protects against both UVA and UVB rays to all exposed skin from head to toe. Read the label for "water resistant" claims that indicate how long a sunscreen is effective while swimming or perspiring. Remember not to apply sunscreen to broken skin.

R

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



Get to know your skin. Look for location of freckles and growths called moles. Freckles develop at sites of sun damage. They only indicate an increased risk for skin cancer. Watch for any new or changing moles. Report any suspicious growths immediately. Remember the earlier we treat skin cancer, the better the prognosis.

E

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



Everyone needs to know how to be safe from skin cancer. Go to www.melanomaprevention.org for more information as well as free tools and resources to use in your own community. We are available to assist you with special projects and programming.

- ★ The sun emits two types of ultraviolet radiation, UVA (tanning rays) and UVB (burning rays). The UV Index provides information about daily UVB radiation levels and prevention measures.
- ★ Overexposure to both types of rays has been proven to cause skin cancer. There are three types of skin cancer: melanoma, basal cell, and squamous cell.
- ★ Blistering sunburns in childhood put kids at greater risk for melanoma in later life.
- ★ People who indoor tan, one or more times per month, have a 75% higher risk of developing melanoma.
- ★ There will be over 3 million new cases of skin cancer in the U.S. this year. One person dies every hour from this preventable and easily recognizable disease.

dna
Dermatology Nurses' Association

children's
melanoma
Prevention Foundation
www.melanomaprevention.org