

## Get the Bare Facts about Sun Safety!

**Don't Toast!** It doesn't matter who you are or where you live, sunburn significantly increases your risk of developing skin cancer. Studies have shown that those with lighter skin tones have a higher incidence of skin cancer and those with a darker skin tone have a significantly lower survival rate once diagnosed. Regardless of skin type, take proper precautions.

**Go With a Natural Glow!** UV light from tanning beds and the sun causes skin cancer and premature aging. Don't ruin the natural beauty of your skin! Feel and look years younger by simply protecting your skin from these harmful sun rays.

**A Tan from a Pill?** If you thought that tanning pills were a safe way to get a tan, think again! No tanning pills of any kind have been approved by FDA. Some of these pills include the ingredient, Canthaxanthin, which is only approved for use as a color additive in foods and oral medications, and only in minimal amounts.

**Apply and Reapply!** Generously apply sunscreen to all exposed skin using a Sun Protection Factor (SPF) of at least 15. Keep in mind that "water-resistant" does NOT mean "water-proof". Reapply every 2 hours, even on cloudy days. For people with thin or thinning hair, apply sunscreen to the scalp as well.

**Wear Protective Gear.** Wear dark-colored clothing, wide-brimmed hats, or sunglasses when spending time out in the sun. Spending long hours in the sun without eye protection can damage your eyes by contributing to cataracts and other growths, including cancer. Be smart and select contact lenses that offer UV protection. Look for labeling when purchasing sunglasses that specify 99-100% UV protection.

**Seek Shade.** Look for shade when possible, remembering that the sun's UV rays are strongest between 10 a.m. and 4 p.m. Keep in mind, it's still possible to get sunburned on a cloudy day. Because sunburn takes 6 to 48 hours to develop, you may not realize your skin is burned until it's too late.

**Be Extra Cautious!** Concrete, water, snow and sand reflect the damaging rays of the sun, which can increase your chance of sunburn by 85-90%. Use the [UV Index forecast](#) by the National Weather Service and EPA to determine which level of SPF protection you need for the day.

**Do a Simple Self-Exam.** Examine your skin every few months. Look for changes in the size, color, texture or shape of any dark spots. Also check for any unusual bumps and growths on your face, ears, arms, chest, or back. Consult your physician or dermatologist if you have any of these physical changes.

