

# Are You Getting Too Much Sun?

It's a fact: Overexposure to the sun can result in skin cancer later in life. Consider these statistics and your own exposure risks to the sun's harmful UV rays.

- You can sunburn even on a cloudy day!
- More than 90% of skin cancers occur on sun-exposed skin.
- On average, children get 3 times more exposure than adults!
- Eighty percent of a person's lifetime sun exposure is estimated to occur by age 18!
- One blistering sunburn can double a child's lifetime risk of developing skin cancer!
- More than 1 million new cases of skin cancer are diagnosed each year in the US!
- Melanoma, the deadliest form of skin cancer, kills one person every hour!

## What You Can Do To Protect Yourself

**Use Sunscreen Year-Round**—Use of sunscreen with SPF 15 or higher during the first 18 years of life can reduce some types of skin cancer by nearly 78%. The American Academy of Dermatology and the Sun Safety Alliance (SSA) recommend an SPF of 15 or higher. (For children, the SSA recommends sunscreen product, with an SPF of 30.)

**Avoid Reflective Surfaces**—Concrete, sand, water, and snow reflect 85% to 90% of the UV rays.

**Avoid Mid-Day Sun**—Be aware that the sun's rays are strongest between 10 am and 2 pm. Stay in the shade whenever possible.

**Wear Year-Round Protective Clothing**—Cover up when outdoors with dark, tightly woven clothing, wide-brimmed hat, and sunglasses.

**Reapply sunscreen often**—Reapply sunscreen after swimming, perspiring, and toweling off.

For more information on sun safety for you, your family, and your community, please visit: [www.sunsafetyalliance.org](http://www.sunsafetyalliance.org)

