



Sunscreen Tips

- ✦ Use a broad-spectrum (protects against both UVA and UVB rays) sunscreen with an SPF of 15 or higher.
- ✦ Apply sunscreen 30 minutes before going outside.
- ✦ Reapply sunscreen at least every 2 hours or after swimming or sweating, even if you're using waterproof or water resistant sunscreen.
- ✦ Children 6 months and older should wear sunscreen. Ask your doctor about using sunscreen on babies under 6 months old.
- ✦ Sunscreen expires after 2 years. Label the bottle with the date it was bought.



Stay Pretty.
Cover up.

Learn To Live

Anne Arundel County Department of Health

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410-222-7979 or www.LearnToLiveHealthy.org

SUN SMART GUIDEBOOK
Protect yourself & your family
from the risk of skin cancer.

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Go to www.StayPretty.org for more information about sun safety.

Every time you go outside – to work, play, exercise, or just to walk your dog – your skin is exposed to the sun’s harmful UV (ultraviolet) rays. You’re at risk of developing deadly skin cancer even if you don’t get a sunburn, because the damage builds up over time. And remember, tanning booths and beds are just as dangerous.

Use this Sun Smart guide, from the Anne Arundel County Department of Health, to learn more about skin cancer and keeping your family safe whenever you go outside.

Protection from the sun can save your life:

- * Stay out of the sun between 10 a.m. and 4 p.m. when the sun’s UV rays are strongest.
- * If you are outside, stay in the shade. Water, sand, snow and concrete reflect sunlight, making the sun’s UV rays more intense.
- * Protect yourself year-round! The sun’s UV rays are present all year, even on cold and cloudy days. Wear sunscreen every day.
- * Do not use tanning beds because they are just as dangerous as the sun’s UV rays.
- * Wear sunglasses that block 100 percent of UVA and UVB rays.
- * Use lip balm with an SPF of 15 or higher.
- * Cover up when outside by wearing a wide-brimmed hat, long-sleeved shirt and full-length pants.

Go to www.StayPretty.org for more information about sun safety.

Check your skin every month for signs of skin cancer.

If you see any of these warning signs, call your doctor:

- * A new growth.
- * Any change in a mole’s appearance.
- * A sore that doesn’t heal.
- * A mole or bump that is scaly, lumpy, crusty, bleeding or takes on an irregular shape.
- * Swelling, irritation, redness or spread of color into the skin near a mole, birthmark or freckle.
- * Dark, freckle-like areas under a fingernail or toenail.
- * Don’t wait for the area to start hurting; skin cancer rarely causes pain.



Facts about your skin, the sun and preventing cancer:

- * Skin cancer is the most common form of cancer in the United States. It is also the most preventable.
- * Over 90 percent of all skin cancers are caused by exposure to UV rays from the sun and tanning beds.
- * Suntans, sunburns and deep wrinkles are all signs of skin damage.
- * Skin cancer kills more young women than any other cancer.