



**FIGHT
DEADLY RAYS!
GET SUN SMART!**

**Protect yourself
and your family
from the risk
of skin cancer.**

Learn To Live

Anne Arundel County Department of Health

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

Protection from the sun can save your life.

Every time you go outside – to work, play, exercise or just to walk your dog – your skin is exposed to the sun’s harmful ultraviolet (UV) rays. You are at risk of developing skin cancer, even if you don’t get a sunburn, because the damage builds up over time. And remember, tanning beds have the same UV light as sunlight, only they are more potent. Just 20 minutes of exposure on a tanning bed equals an entire day at the beach.



Facts about skin cancer:

- Skin cancer is the most common cancer in the United States. It affects men and women, young and old. It is also the most preventable.
- Over 90% of 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 can affect teens and young adults, especially those who do not protect their skin or who have other risk factors. In fact, melanoma, the most deadly type of skin cancer, is the most common cancer in women ages 25 to 29.

Sources: American Academy of Dermatology, National Cancer Institute, American Cancer Society, Skin Cancer Foundation.

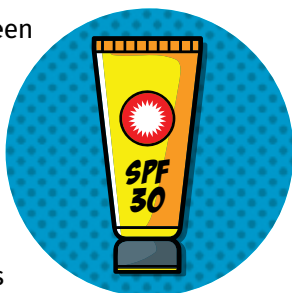


Use these tips to keep your family safe whenever you go outside.

- Limit time in the sun, especially between the hours of 10 a.m. and 2 p.m., when the sun's UV rays are the 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.
- Liberally apply a broad-spectrum sunscreen with sun protection factor (SPF) values of 30 or higher, 15 minutes before sun exposure. Broad-spectrum sunscreen protects against both UVA and UVB rays.
- Wear sunglasses that block 100% of UVA and UVB rays.
- Use lip balm with an SPF rating of 30 or higher.
- Cover up when outside by wearing a wide-brimmed hat, long-sleeved shirt and full-length pants.
- Do not use tanning beds, because they are just as dangerous as the sun's UV rays.

Sunscreen Tips

- Use a broad-spectrum sunscreen with an SPF rating of 30 or higher, regularly and as directed.
- Apply sunscreen liberally 15 minutes before going outside.
- Reapply sunscreen, even if it is labeled as water resistant, at least every 2 hours.
- Children 6 months and older should wear sunscreen. Ask your doctor about using sunscreen on an infant under 6 months.
- Sunscreen generally expires after 2 years. Check the expiration date on the bottle, or label all bottles with the date purchased.



Check your skin every month for signs of skin cancer.

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

- A new growth (such as moles, birthmarks or spots).
- Sudden or progressive change in a mole, freckle or birthmark's appearance.
- A sore that doesn't heal.
- A mole, bump or nodule that is scaly, lumpy, crusty or 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.

For more information on skin self exam, go to GetSunSmart.org.

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The services and facilities of the Anne Arundel County Department of Health are available to all without regard to race, color, religion, political affiliation or opinion, national origin, age, gender identity, sexual orientation or disability.

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www.LearnToLiveHealthy.org
www.GetSunSmart.org
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