1 in 5 Americans will develop some form of skin cancer during their lifetime.
(American Academy of Dermatology)

**IMPORTANT Sun Protection Tips**

- Check your local paper daily for the UV index. The higher the number, the greater the need for eye & skin protection.
- Avoid sun exposure between 10 am & 3 pm, when the sun’s rays are strongest.
- Wear a sunscreen with both UVA & UVB protection and that has an SPF of 15 or greater, even on cloudy days. Apply often.
- Wear sunglasses that have UVA & UVB protection.
- Cover up when possible. Wear a broad-brimmed hat, long-sleeved shirt & long pant.

**Indoor Tanning is No Safer than Sun Tanning!**

The UV radiation emitted by indoor tanning lamps is many times more intense than natural sunlight. Dangers include burns, premature aging of the skin, & the increased risk of skin cancer.

For more information on protecting yourself from the sun log onto [www.webmdhealth.com/ut](http://www.webmdhealth.com/ut), select “Health Topics” and type “Skin Health”