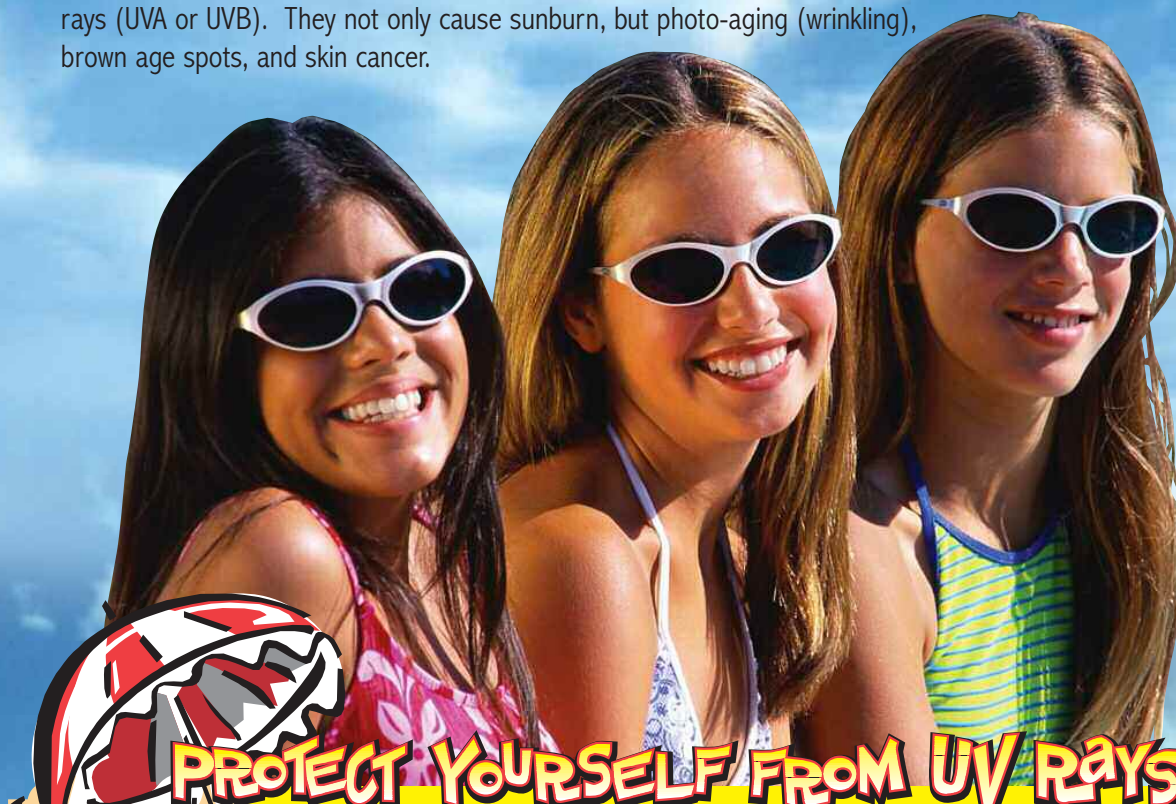




BE SUN SMART



Tanning IS skin damage.

It doesn't matter if you tan or burn, it is still damage. The effects of the sun on skin are cumulative — they worsen over years. Avoid exposure to ultraviolet rays (UVA or UVB). They not only cause sunburn, but photo-aging (wrinkling), brown age spots, and skin cancer.



PROTECT YOURSELF FROM UV RAYS

More than a million people will be diagnosed this year with skin cancer — 90% caused by sun exposure.

-  **Sunglasses** - Use sunglasses and hats that shade your face, ears, nose, and the back of your neck.
-  **Sunscreen** - Apply sunscreen with an SPF (Sun Protection Factor) of 15 or higher 30 minutes before sun exposure and reapply regularly — especially if swimming or perspiring.
-  **Shade** - Hang out in the shade during the time of day that the sun is the strongest — 10:00 a.m. to 3:00 p.m.
-  **Protective Clothing** - Wear thicker clothing — UV rays can penetrate lightweight fabrics.
-  **Tanning Alternatives** - If you want a tan, try tanning lotions or spray-on tans. Avoid the “fake bake” of a tanning bed! The UVA rays are actually stronger than those produced by the sun.

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