



Staying safe under the sun

The National Council on Skin Cancer Prevention presents "Don't Fry Day," the Friday before Memorial Day! The goal is promote skin safety under the sun.² Learn some quick simple tips on skin protection that can save you from the harmful effects of the sun.

Did you know?

Using sunscreen helps prevent your skin from ultraviolet radiation (UV) exposure. UV radiation is one of the unseen rays that come directly from the sun, tanning beds and sunlamps.² Over exposure to UV causes your skin cells to change. This can increase your chances of skin cancer. Other risks include:

- painful sun burn,
- eye damage (cataracts), and
- early aging (wrinkles).

According to the American Cancer Society, skin cancer is the most common type of cancer in the United States. The most severe type of skin cancer is melanoma.⁴ Some races are more affected by the sun's harmful rays than others.³ Another factor

is location. People who live in areas where the sun is always out have a higher risk of getting skin related illnesses. By taking proper care under the sun, you can reduce your chances!

- **Seek shade** – shade is a great away in protecting you from the hot sun while still being able to enjoy the outdoors. Keep in mind that UV rays are strongest during midday.¹
- **Cover up** - wearing proper attire (long-sleeved shirts, pants, and hats) is helpful in preventing you from getting those painful sunburns that damage your skin.¹
- **Wear sunglasses** - protecting your eyes can reduce future eye problems such as cataracts.¹
- **Apply sunscreen** – use sunscreen before going out. Make sure to use a sunscreen with a sunscreen protective factor (SPF) of or over 15, the higher the number the better the protection.

For more information

Visit kp.org/health

- Learn about skin health in our Health Encyclopedia.

1. Centers for Disease Control and Prevention. Centers for Disease Control and Prevention, Web. 10 Aug. 2011. www.cdc.gov/cancer/skin.

2. "Don't Fry Day." EPA. Environmental Protection Agency. Web. 12 Mar. 2012. www.epa.gov/sunwise/dfd.html.

3. "Sun Exposure." Risk Factor Monitoring & Methods -. Web. 19 Apr. 2012. www.riskfactor.cancer.gov/areas/exposure.

4. "Skin Cancer Facts." American Cancer Society. Web. 24 Apr. 2012. www.cancer.org/Cancer/CancerCauses/SunandUVExposure/skin-cancer-facts.