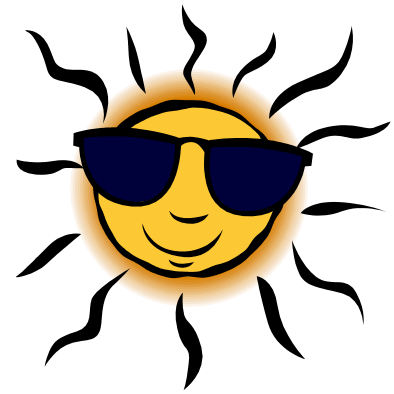


With the beginning of summer (and hopefully warm temperatures!) right around the corner, we need to remember to take care of our skin and protect it from sun exposure. Skin cancer is the most common form of cancer in the United States. More than 3.5 million cases of basal and squamous cell skin cancer are diagnosed each year, while more than 76,000 people are diagnosed with melanoma, the deadliest form.

Though the statistics show differently, skin cancer actually is one of the most preventable forms of cancer. Take steps to help lower your risk of developing this disease.

### Slip! Slop! Slap! And Wrap

- Slip on a shirt
- Slop on sunscreen
- Slap on a hat
- Wrap on sunglasses to protect your eyes and sensitive skin around them



### Don't Fry Day

The National Council on Skin Cancer Prevention has designated the Friday before Memorial Day as Don't Fry Day, an annual effort to raise awareness of skin cancer prevention. This initiative is designed to help people stay well by raising awareness about the steps they can take to prevent skin cancer.

Key messages about Don't Fry Day include:

- The Friday before Memorial Day is Don't Fry Day. This year, go beyond sunscreen to protect your skin.
- Skin cancer is on the rise in the United States.
- There are many ways to protect your skin from harmful UV radiation, including seeking shade when you can, wearing protective clothing, generously applying sunscreen (SPF 30 or higher with broad spectrum protection), and not letting your skin tan or burn.
- Use the UV Index forecast to help protect yourself from harmful UV exposure. (A higher UV Index on a scale from 1 to 11+ means more skin damaging UV radiation is reaching the earth.)

Every day, you should practice these sun safe behaviors:

- Limit the amount of time you spend in direct sun, especially when the sun's rays are most intense, generally from 10:00 a.m. to 4:00 p.m.
- Wear protective clothing when you're out in the sun, including long sleeves; sunglasses; and a hat that shades your face, neck, and ears.
- Wear sunscreen with broad spectrum protection and an SPF of 30 or higher on all skin that isn't covered.
- Protect your skin even on cool or cloudy days.