

## **Sun Safety**

May is Skin Cancer Awareness Month! Did you know that you can get a sunburn even on a cloudy day! Children get 3 times more exposure to sun than adults. Concrete, sand, water, and snow reflect 85% to 90% of the sun's UV rays (harmful rays) which increase your risk of a sunburn.

Melanoma, the deadliest form of skin cancer, kills one person every hour. There are over 5 million cases of skin cancer diagnosed every year in the United States. Skin cancer is America's most common cancer. People of all skin tones and colors need to protect themselves from the sun.

Protection Tips:

- Apply sunscreen before you go outside
- Reapply sunscreen every hour while you are outside.
- Children need a sunscreen with a rating of SPF 30 or higher
- Adults can use an SPF of 15 or higher.

Source: Skin Cancer Foundation, [www.SkinCancer.org](http://www.SkinCancer.org)