



## Skin Cancer Facts

- ◆ Skin cancer is the most common form of cancer in the United States. More than 1 million skin cancers are diagnosed annually.
- ◆ It is estimated that one American dies every hour from skin cancer.
- ◆ Each year there are more new cases of skin cancer than the combined incidence of cancers of the breast, prostate, lung, and colon.
- ◆ One in five Americans will develop skin cancer in the course of a lifetime.
- ◆ Melanoma is the second most common form of cancer for young adults 15-29 years old.
- ◆ The incidence of many common cancers is falling, but the incidence of melanoma continues to rise significantly, at a rate faster than that of any of the seven most common cancers.
- ◆ Whether from the sun or an artificial source, ultraviolet radiation is known to cause cancer.

### Slip, Slop, Slap® ...and Wrap!

- Slip on a SHIRT;
- Slop on some SUNSCREEN;
- Slap on a wide-brimmed HAT; and
- Wrap on some SUNGLASSES.



The Friday before Memorial Day is  
**Don't Fry Day™**  
[www.skincancerprevention.org](http://www.skincancerprevention.org)

The National Council on Skin Cancer Prevention is the united voice of 45 organizations, associations, and agencies dedicated to reducing skin cancer morbidity and mortality in the U.S.

The National Council members represent some of the nation's premier researchers, clinicians and advocates for melanoma and skin cancer prevention.

To learn more about Don't Fry Day, contact the:



**National Council on  
Skin Cancer Prevention**

Email: [dontfryday@skincancerprevention.org](mailto:dontfryday@skincancerprevention.org)  
[www.skincancerprevention.org](http://www.skincancerprevention.org)

The Friday before  
Memorial Day is

**Don't  
FRY  
Day**

Protect Your Skin  
Today and Every Day



**National Council on  
Skin Cancer Prevention**

# Don't Fry Day

May 28, 2010

The Friday before Memorial Day

## Protect Your Skin Today and Every Day

To help reduce rising rates of skin cancer, the National Council on Skin Cancer Prevention has designated the Friday before Memorial Day, May 28, 2010, as **Don't Fry Day** to raise awareness of skin cancer prevention and to encourage everyone to protect their skin as they head outdoors to kick off the summer season.

The National Council on Skin Cancer Prevention reminds everyone to be safe in the sun by following all of the sun-safety action steps.



## What Can You Do?

We invite you to get involved in raising sun safety awareness. Every voice, action, or effort is another step towards reducing and preventing skin cancer.

Join the **Don't Fry Day** campaign to encourage your friends, neighbors, relatives, colleagues, and everyone to be safe in the sun.

Visit the **Don't Fry Day** web site and download free resources.

- ◆ Background Information
- ◆ Skin Cancer Fact Sheet with Statistics
- ◆ Sun Safety Packing List
- ◆ Don't Fry Day Posters and Stickers
- ◆ Press Releases
- ◆ Take the Don't Fry Day Pledge

Join the **Don't Fry Day** group on Facebook.

Follow **DontFryDay** on Twitter.



## Sun Safety Action Steps

### Don't Burn

Overexposure to the sun is the most preventable risk factor for skin cancer.

### Avoid Sun Tanning and Tanning Beds

Ultraviolet (UV) light from tanning beds and the sun cause skin cancer and wrinkling. If you want to look like you've been in the sun, use a sunless self-tanning product instead.

### Cover Up

Wear protective clothing, such as a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses, where possible.

### Seek Shade/Use Umbrellas

Seek shade when appropriate. Remember that the sun's UV rays are strongest between 10 a.m. and 4 p.m.

### Generously Apply Sunscreen

Generously apply sunscreen to all exposed skin using a Sun Protection Factor (SPF) of at least 15 that provides broad-spectrum protection from both UVA and UVB rays. Reapply every two hours, even on cloudy days, and after swimming or sweating.

### Use Extra Caution Near Water, Snow and Sand

Water, snow, and sand reflect the damaging rays of the sun, which can increase your chance of sunburn.

### Check the UV Index

The UV Index provides important information to help you plan your outdoor activities in ways that prevent overexposure to the sun.

### Get Vitamin D Safely

Get vitamin D safely through a diet that includes vitamin supplements and foods fortified with vitamin D. Don't seek the sun or indoor tanning.

