

# The Friday of Memorial Day Weekend is **DON'T FRY DAY!**

## Sun**A**WARE

**A** Avoid unprotected exposure to sunlight, seek shade, and never indoor tan.

**W**ear sun protective clothing, including a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses year-round.

**A**pply recommended amounts of **BROAD SPECTRUM** sunscreen with a sunburn protection factor (SPF)  $\geq 30$  to all exposed skin and reapply every two hours, or as needed.

**R**outinely examine your whole body for changes in your skin and report concerns to a parent or healthcare provider.

**E**ducate your family and community about the need to be Sun**A**WARE.

## **PROTECT YOUR SKIN TODAY AND EVERY DAY!**

- Use the UV Index everyday to plan sun protection, especially during peak hours from 10 am to 4 pm.
- Remember UV rays can penetrate clouds and reflect off water, snow, sand and pavement.
- Register for "EnviroFlash" at [www.epa.gov](http://www.epa.gov) for a daily UV index alert.
- Remember tanning is never healthy and does not provide a safe "base" tan.



- Cover up by wearing wide brimmed hats, sunglasses, long sleeves, pants, or protective clothing.
- Remember to look for the Ultraviolet Protection Factor (UPF) on clothing and UV protection sticker on sunglasses.



- Apply a handful of **BROAD SPECTRUM** sunscreen to all exposed skin from head to toe.
- Read the label for "water resistant" claims that indicate how long a sunscreen is effective while swimming or perspiring.
- Remember not to apply sunscreen to broken skin.



- Check your skin regularly for signs of sun damage including freckles and moles.
- Remember that we are not born with freckles but develop them from overexposure to UV rays.
- Check your skin for moles. Make sure that they are similar in appearance, color and size. Look for changes and report anything suspicious to your parent.



- Everyone needs to know how to be safe from skin cancer.
- Go to [www.melanomaprevention.org](http://www.melanomaprevention.org) for more information, as well as free tools and resources to use in your own community.
- We are available to assist you with special projects and programming.



  
National Council on  
Skin Cancer Prevention



Association of Dermatology Administrators & Managers  
BCCNS Life Support Network  
Blue Hills Community Health Alliance  
Boston Medical Center

Dermatology Nurses' Association  
South Shore Skin Center and Spa  
U.S. SAILING  
Women's Dermatologic Society