



The Friday of Memorial Weekend is **Don't Fry Day!**

The National Council on Skin Cancer Prevention and their associate members want you to understand why Don't Fry Day is so important and how you can help spread the Don't Fry Day message.

Skin Cancer is the most common cancer, and overexposure to UV rays is the most modifiable risk factor. To prevent skin cancer, protect your skin on Don't Fry Day, and every day.

Avoid unprotected exposure to sun light, seek shade, and never indoor tan.

Wear sun protective clothing, including a wide brimmed hat and sunglasses year round.

Apply recommended amounts of Broad Spectrum sunscreen with an SPF of at least 30, reapply every two hours or as needed.

Routinely check your whole body for skin changes; report concerns to a parent or healthcare provider.

Educate your family and the community about Don't Fry Day and the need to protect ourselves from the harmful ultraviolet (UV) rays.

Take the Pledge and share the Don't Fry Day message!

- Take the pledge not to sunburn, and share it on social media with **#DontFryDay**
 - "I promise not to get a sunburn this summer by protecting my skin using shade, clothing, and/or sunscreen."
- Add the DFD pledge frame to your profile picture on Facebook:
 - Go to www.facebook.com/profilepicframes
 - Search "Don't Fry Day 2020" in the frame search bar
 - Click "Use as Profile Picture" to save
 - You will also be able to find the link to the frame on the National Council on Skin Cancer Prevention's Facebook page
 - You can customize photos/videos that you take with the Facebook camera
 - To add a picture of you with the DFD pledge frame on other social media, save your Facebook profile picture and upload it as a new image on any of the other platforms you use.
- Share photos on social media of you wearing sun protective clothing, applying sunscreen, or enjoying the outdoors in the shade, include **#DontFryDay**
- Share this flier with family and friends.



The National Council on Skin Cancer Prevention is a united voice to reduce skin cancer incidence, morbidity, and mortality, through awareness, prevention, early detection, research, and advocacy.