Tweet with us @skincancerprev. Here are some sample tweets you can use for #DontFryDay:

**Young People**

The natural color of your skin is beautiful. Keep it that way #protectyourskin every day

Sun safety looks good on you. #DontFryDay is May 22.

Sun safety at any age reduces your risk of #skincancer. So be SunWise! #DontFryDay

Avoid #tanning and sunburns to reduce your risk for #skincancer and premature skin aging. #DontFryDay

UV rays can hurt your eyes. Make sure your sunnies have UV protection. Get more tips for healthy eyes:

Improved sun protection at any age reduces your risk of #skincancer. So, be SunWise!

Face It—too much sun causes damage and wrinkles your skin. #protectyourskin every day


Educate your followers about being smart in the sun. Blog about #DontFryDay.


It’s your skin. Wear it well! Cover up #DontFryDay and every day of the year!


This #DontFryDay (& every day), remember that natural is #beautiful and healthy. #protectyourskin [https://bit.ly/DontFryDay2020](https://bit.ly/DontFryDay2020)


Dermatologists agree sun protection is best method of preventing premature aging & skincancer

Caregivers

Did you know sunburn as a kid could lead to skincancer later in life? Protect your child on #DontFryDay & every day https://bit.ly/DontFryDay2020

Keep babies, 6 months or younger, out of the sun! Their skin – even with sunscreen – is too sensitive. https://bit.ly/DontFryDay2020

Check to see if your local elementary school is a @NEEFusa SunWise School. For more information, check https://bit.ly/DontFryDay2020

#DontFryDay is a great way to teach active children how to enjoy the outdoors & stay safe from UVR https://bit.ly/DontFryDay2020


Educating others about skincancer prevention is a social responsibility https://bit.ly/DontFryDay2020

Sun protection methods should be used and taught from Day1 #protectyourskin https://bit.ly/DontFryDay2020

Protection


#DontFryDay is a good time to check your sunscreen. Make sure it’s broad spectrum SPF 30+ https://bit.ly/DontFryDay2020

Use broad-spectrum sunscreen with SPF 30+ every day. Apply 15 minutes before going outside & reapply every 2 hours! https://bit.ly/DontFryDay2020

Celebrate #DontFryDay today & every day by wearing sunscreen, covering up, & seeking the shade! https://bit.ly/DontFryDay2020

Get your local school involved in the #DontFryDay pledge: http://ow.ly/103Edg

On #DontFryDay & every day, apply a palm full of sunscreen on exposed skin & reapply every 2 hours! https://bit.ly/DontFryDay2020

On #DontFryDay & every day, seek shade between 10am - 4pm when the sun's UV rays are the strongest. https://bit.ly/DontFryDay2020


Check out the #sunsafety vacation packing list & all kinds of free resources at https://bit.ly/DontFryDay2020 #DontFryDay


For #DontFryDay, check out all kinds of free resources at https://bit.ly/DontFryDay2020 Including a #sunsafety #vacation packing list!

Slop on some #sunscreen (SPF 30 or higher) on #DontFryDay & every day of the year! https://bit.ly/DontFryDay2020 #protectyourskin


Wrap on some sunglasses on #DontFryDay & every day https://bit.ly/DontFryDay2020 #protectyourskin

Don't forget to Slip! Slop! Slap! & Wrap! this #DontFryDay & every day of the year! https://bit.ly/DontFryDay2020 #protectyourskin


On #DontFryDay & every day remember to find shade and wear protective clothing & #sunscreen https://bit.ly/DontFryDay2020

Learn how to #protectyourskin while enjoying the outdoors https://bit.ly/DontFryDay2020 #DontFryDay

Enjoy the outdoors and celebrate your skin. Use #sunscreen, wear protective clothing, and sport a hat! https://bit.ly/DontFryDay2020 #DontFryDay

The Friday before Memorial Day is #DontFryDay #protectyourskin https://bit.ly/DontFryDay2020 #DontFryDay


#DontFryDay tips are valid not just 5/22, but every day. #Protectyourskin, protect your #life https://bit.ly/DontFryDay2020

**Indoor and Outdoor Tanning**

Think that #tanningbed is safer than the sun? Think again! #DontFryDay https://bit.ly/DontFryDay2020

#Teens: use #DontFryDay to pledge not to use #tanningbeds. #Melanoma is the most common #cancer among 15-19 y/o https://bit.ly/DontFryDay2020 #DontFryDay

The use of a #tanning bed is just as harmful as time in the sun. Be safe, don’t #tan. https://bit.ly/DontFryDay2020 #DontFryDay

Avoid unprotected exposure to UVR, including #tanningbeds. Seek shade. #protectyourskin every day https://bit.ly/DontFryDay2020 #dontfryday

Did you know UV radiation is a carcinogen, whether from sun or an artificial source like a #tanning bed? https://bit.ly/DontFryDay2020 #DontFryDay #DYK
National Council on Skin Cancer Prevention

This #DontFryDay, tell your #friends to limit their time in the sun & avoid #tanning beds. https://bit.ly/DontFryDay2020


#DontFryDay reminds you that #tanning could lead to #skincancer https://bit.ly/DontFryDay2020 #protectyourskin


Remember lying in the sun & rubbing baby oil on your skin? If only you knew then what you know now https://bit.ly/DontFryDay2020 #DontFryDay

Tans are a symptom of damaged skin. #protectyourskin https://bit.ly/DontFryDay2020 #DontFryDay


There is nothing pretty about #skincancer. #protectyourskin every day https://bit.ly/DontFryDay2020 #DontFryDay


What’s the main cause of #skincancer? Being exposed to UV radiation from the sun & indoor #tanning https://bit.ly/DontFryDay2020 #DontFryDay


**Skin Cancer/Melanoma**

#Skincancer is the most common #cancer in the U.S. Almost 5 million people are diagnosed each year. https://bit.ly/DontFryDay2020 #DontFryDay

#DYK #skincancer is the most common form of #cancer in the US with +2M cases per year? https://bit.ly/DontFryDay2020 #DontFryDay

Each year there are more new cases of #skincancer than breast, prostate, lung & colon cancers COMBINED https://bit.ly/DontFryDay2020 #DontFryDay

#Skincancer is one of the most preventable forms of #cancer. #protectyourskin every day https://bit.ly/DontFryDay2020 #DontFryDay
One American dies every hour from #skincancer. #protectyourskin on #DontFryDay & every day https://bit.ly/DontFryDay2020

Did you know there are more new cases of #skincancer than new cases of breast, prostate, lung & colon cancer COMBINED? https://bit.ly/DontFryDay2020 #DontFryDay #DYK

Lots of #cancer incidence is falling, but #melanoma is rising faster than the 7 most common cancers https://bit.ly/DontFryDay2020 #DontFryDay


1 in 5 Americans will develop #skincancer in the course of a lifetime. #protectyourskin #DontFryDay https://bit.ly/DontFryDay2020

#Melanoma is rising at a rate faster than any of the 7 most common cancers. #DontFryDay & every day https://bit.ly/DontFryDay2020

#Melanoma is among the most common forms of #cancer for young adults 15-29. #protectyourskin on #DontFryDay & every day. https://bit.ly/DontFryDay2020

Other

Keep your #family healthy and don’t forget to protect them from sun damage #DontFryDay #COVID19 #protectyourskin https://bit.ly/DontFryDay2020


Get your vitamin D safely! Take supplements & protect your skin from harmful UV rays. #DontFryDay & every day https://bit.ly/DontFryDay2020


#DontFryDay is the first day of the rest of your #life using sun protection #protectyourskin https://bit.ly/DontFryDay2020

On #DontFryDay & every day, plan your daily activities after checking the @EPA UV Index at http://ow.ly/103DEd #protectyourskin

Download the @EPA UV Index smartphone app: http://ow.ly/10kDNd #DontFryDay

Download the @EPA UV Index widget onto your computer http://ow.ly/103E1a #DontFryDay #protectyourskin

Be prepared for #fun in the sun this #DontFryDay & every day! Sign up for daily @EPA UV Index emails. http://ow.ly/103Eoh


Follow @skincancerprev on Twitter and Facebook http://ow.ly/1030N0 and #protectyourskin
#DontFryDay
#DontFryDay is supported by the many organizations of @skincancerprev https://bit.ly/DontFryDay2020
The Friday before Memorial Day is #DontFryDay. #ProtectYourSkin today & every day.
#DYK your skin is your body’s largest organ? #protectyourskin on #DontFryDay & every day.
May 22 is #DontFryDay. Together we can help lower numbers of diagnosed #skincancer #protectyourskin
Tell others: the Friday before Memorial Day, May 22 is #DontFryDay #protectyourskin
#protectyourskin
Any change to your natural skin color is a sign of damage to your skin. Know the signs! #DontFryDay &