

Tweets for Twitter

Don't Fry Day



Tweet with us [@skincancerprev](https://twitter.com/skincancerprev). Here are some sample tweets you can use for [#DontFryDay](https://twitter.com/skincancerprev):

Young People

The natural color of your skin is beautiful. Keep it that way [#protectyourskin](https://twitter.com/skincancerprev) every day

<https://bit.ly/DontFryDay2020> [#DontFryDay](https://twitter.com/skincancerprev)

Sun safety looks good on you. [#DontFryDay](https://twitter.com/skincancerprev) is May 22.

Sun safety at any age reduces your risk of [#skincancer](https://twitter.com/skincancerprev). So be SunWise! [#DontFryDay](https://twitter.com/skincancerprev)

Avoid [#tanning](https://twitter.com/skincancerprev) and sunburns to reduce your risk for [#skincancer](https://twitter.com/skincancerprev) and premature skin aging. [#DontFryDay](https://twitter.com/skincancerprev)

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

<https://bit.ly/DontFryDay2020> [#DontFryDay](https://twitter.com/skincancerprev)

Improved sun protection at any age reduces your risk of [#skincancer](https://twitter.com/skincancerprev). So, be SunWise!

<https://bit.ly/DontFryDay2020> [#DontFryDay](https://twitter.com/skincancerprev)

Face It—too much sun causes damage and wrinkles your skin. [#protectyourskin](https://twitter.com/skincancerprev) every day

<https://bit.ly/DontFryDay2020>

[#Love](https://twitter.com/skincancerprev) your skin: give it a good cover-up on [#DontFryDay](https://twitter.com/skincancerprev) & every day. <https://bit.ly/DontFryDay2020>

[#protectyourskin](https://twitter.com/skincancerprev)

Educate your followers about being smart in the sun. Blog about [#DontFryDay](https://twitter.com/skincancerprev).

<https://bit.ly/DontFryDay2020>

[#DidYouKnow](https://twitter.com/skincancerprev) most wrinkles are caused by overexposure to [#UV](https://twitter.com/skincancerprev) rays? On [#DontFryDay](https://twitter.com/skincancerprev) & every day,

[#protectyourskin](https://twitter.com/skincancerprev) <https://bit.ly/DontFryDay2020>

Embrace your beautiful natural skin color & [#protectyourskin](https://twitter.com/skincancerprev) from the sun on [#DontFryDay](https://twitter.com/skincancerprev) May 22 &

every day <https://bit.ly/DontFryDay2020>

It's your skin. Wear it well! Cover up [#DontFryDay](https://twitter.com/skincancerprev) and every day of the year!

<https://bit.ly/DontFryDay2020>

On [#DontFryDay](https://twitter.com/skincancerprev), do your skin a favor & cover up. <https://bit.ly/DontFryDay2020> [#protectyourskin](https://twitter.com/skincancerprev)

This [#DontFryDay](https://twitter.com/skincancerprev) (& every day), remember that natural is [#beautiful](https://twitter.com/skincancerprev) and healthy. [#protectyourskin](https://twitter.com/skincancerprev)

<https://bit.ly/DontFryDay2020>

On [#DontFryDay](https://twitter.com/skincancerprev) & every day, remember: Healthy skin is natural skin <https://bit.ly/DontFryDay2020>

[#protectyourskin](https://twitter.com/skincancerprev)

[#DontFryDay](https://twitter.com/skincancerprev) is May 22. Tell your [#friends](https://twitter.com/skincancerprev): enjoy the outdoors with sun protection

<https://bit.ly/DontFryDay2020> [#protectyourskin](https://twitter.com/skincancerprev)

#Dermatologists agree sun protection is best method of preventing premature aging & #skincancer
<https://bit.ly/DontFryDay2020> #DontFryDay

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> #DontFryDay

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

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

#Moms #Teachers #Coaches You can help educate about #skincancer prevention & detection
<https://bit.ly/DontFryDay2020> #DontFryDay

Worshipping the sun can lead to #skincancer. Protect yourself & your loved ones.
<https://bit.ly/DontFryDay2020> #DontFryDay

Educate your #family and community about #skincancer prevention #DontFryDay
<https://bit.ly/DontFryDay2020> #protectyourskin

Educating others about #skincancer prevention is a social responsibility <https://bit.ly/DontFryDay2020>
#DontFryDay #protectyourskin

Sun protection methods should be used and taught from Day1 #protectyourskin
<https://bit.ly/DontFryDay2020> #DontFryDay #Newborns #Moms

Protection

#DYK your natural skin tone offers very limited sun protection? Wear SPF 30+ when outdoors.
#DontFryDay <https://bit.ly/DontFryDay2020>

#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> #DontFryDay

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>

On #DontFryDay remember the shadow rule when in the sun: No shadow? Seek shade! #protectyourskin
<https://bit.ly/DontFryDay2020>

Remember the shadow rule when in the sun: Check for your shadow. Not there? Seek shade!
<https://bit.ly/DontFryDay2020> #DontFryDay

National Council on Skin Cancer Prevention

Check out the #sunsafety vacation packing list & all kinds of free resources at

<https://bit.ly/DontFryDay2020> #DontFryDay

#Sunsafety vacation packing list: sun protective clothing and SPF 30+ #sunscreen! #protectyourskin

<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

Slap on a wide-brimmed hat on #DontFryDay & every day <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

Slip on shirt; slop on SPF 30+; slap on wide-brimmed hat; & wrap on sunglasses <http://pin.it/wAgsmQL>

<https://bit.ly/DontFryDay2020> #DontFryDay

You can get a sunburn in the car, so apply #sunscreen during those long rides. <http://pin.it/0UPO9u0>

<https://bit.ly/DontFryDay2020> #DontFryDay

#DontFryDay: reminding you to seek the shade, not the sun. <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 sun protection at any age reduces your risk of #skincancer <https://bit.ly/DontFryDay2020>

May 22 is #DontFryDay. Start now #protectyourskin <https://bit.ly/DontFryDay2020>

#DontFryDay - be sun-safe May 22nd & every day. <https://bit.ly/DontFryDay2020> #protectyourskin

#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>

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>

Dying for a tan? Millions of people already have. Don't tan. Don't burn. On May 22, #DontFryDay

<https://bit.ly/DontFryDay2020>

It's called killer tan for a reason. Don't #tan. Don't burn. This May 22, #DontFryDay

<https://bit.ly/DontFryDay2020>

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

That glow from your tan? It means your skin is dying. So might you. Don't tan.

<https://bit.ly/DontFryDay2020> #DontFryDay

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

The search for a beautiful tan killed her. And him. And them. Don't tan. Don't burn. This May 22,

#DontFryDay <https://bit.ly/DontFryDay2020>

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

#DontFryDay

Tan today, #skincancer tomorrow. Don't tan. Don't burn. This May 22, #DontFryDay

<https://bit.ly/DontFryDay2020>

Even a little tan can lead to #cancer. Is it worth it? <https://bit.ly/DontFryDay2020> #DontFryDay

Those UV rays could kill you. Someone dies every hour from #skincancer. Don't tan. Don't burn. This May

22, #DontFryDay <https://bit.ly/DontFryDay2020>

What's the main cause of #skincancer? Being exposed to UV radiation from the sun & indoor #tanning

<https://bit.ly/DontFryDay2020> #DontFryDay

Friends don't let friends get #skincancer. Don't tan. Don't burn. This May 22, #DontFryDay

<https://bit.ly/DontFryDay2020>

#DontFryDay: reminding you that tan today = wrinkled tomorrow. #protectyourskin

<https://bit.ly/DontFryDay2020>

The search for a beautiful tan could lead to #skincancer. Protect yourself. <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

National Council on Skin Cancer Prevention

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

One in five Americans will develop #skincancer. Be safe in the sun. #DontFryDay <https://bit.ly/DontFryDay2020>

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>

Every skin color is at risk for #skincancer. Dark skin. Light skin. Protect your skin. This May 22, #DontFryDay <https://bit.ly/DontFryDay2020>

Find out more about #DontFryDay at <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>

Take supplements if concerned about Vitamin D. Use sun protection methods. <https://bit.ly/DontFryDay2020> #DontFryDay

#DontFryDay & every day, get your vitamin D safely. Take supplements #protectyourskin from harmful UV rays <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>

Spread the word about being #sunsmart. Tell a friend about #DontFryDay. <https://bit.ly/DontFryDay2020>

Give #DontFryDay information to your local newspaper. Help spread the word about #skincancer prevention and detection. <https://bit.ly/DontFryDay2020>

National Council on Skin Cancer Prevention

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. <https://bit.ly/DontFryDay2020>

#DYK your skin is your body's largest organ? #protectyourskin on #DontFryDay & every day. <https://bit.ly/DontFryDay2020>

May 22 is #DontFryDay. Together we can help lower numbers of diagnosed #skincancer #protectyourskin <https://bit.ly/DontFryDay2020>

Tell others: the Friday before Memorial Day, May 22 is #DontFryDay #protectyourskin <https://bit.ly/DontFryDay2020>

Organizations around the country support #DontFryDay. Find out why <https://bit.ly/DontFryDay2020> #protectyourskin

Get regular full-body skin checkups at your doctor's office. <https://bit.ly/DontFryDay2020> #DontFryDay

Get a skin checkup at your doctor's office <https://bit.ly/DontFryDay2020> #DontFryDay #protectyourskin

Any change to your natural skin color is a sign of damage to your skin. Know the signs! #DontFryDay & every day <https://bit.ly/DontFryDay2020>