

PROTECT PREVENT PLAY

Ready to get outside?
Remember these SUN FUN tips:

Sunglasses, wide-brimmed hats, and long-sleeved shirts and pants help protect from the sun, even on cloudy days

Find shade between 10am-2pm, when the sun is strongest

Use extra caution near water, snow, and sand; they reflect the sun's damaging rays

Use broad-spectrum, water-resistant sunscreen, SPF 30+, and reapply every two hours even on cloudy days

Notice what's normal for your skin, and report any changes to your doctor.

Never use tanning beds, which cause skin cancer and wrinkling



KNIGHT
CANCER
Institute

99% of skin cancers are preventable. Enjoy the sun, but protect and prevent before you play! A public service message from the Oregon Health Authority, the OHSU Knight Cancer Institute, the OHSU Department of Dermatology, and Oregon businesses that want to help you prevent skin cancer.