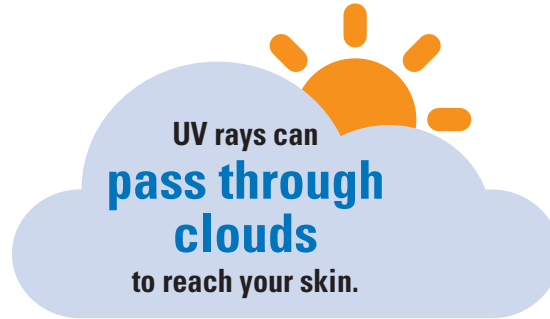


Keep Your Family Sun Safe

Pin this to your fridge or bulletin board as a reminder to be sun safe ALL year round.

Anyone, regardless of **skin color**, can develop skin cancer.

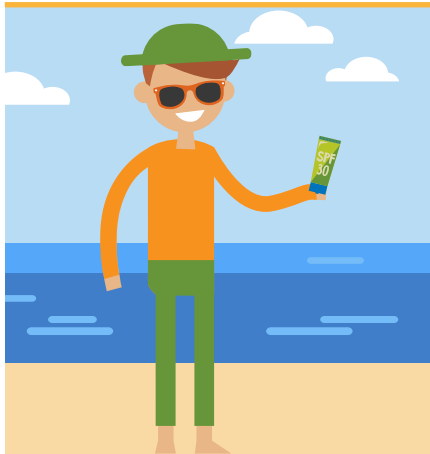


ONE or more sunburns in childhood doubles a person's lifetime risk of melanoma.

Skin cancer is the most common type of cancer in the United States.

UVA rays reach deeper into the skin and can cause aging, wrinkles, and skin cancer.

UVB rays affect the outer layers of the skin and can cause sunburn and skin cancer.



Apply sunscreen generously and evenly, at least **30 minutes** before going outside.



Reapply sunscreen every **1–2 hours** and after swimming or sweating.

Use sunscreen and lip balm with **SPF 30**



Cover as much skin as possible by wearing tightly woven clothing, wide-brimmed hats, and sunglasses.

Seek shade between **10 a.m.–4 p.m.** when the sun's UV rays are strongest.



The University of Texas MD Anderson Cancer Center in Houston, Texas is one of the world's most respected centers focused on cancer patient care, research, education and prevention. It is ranked No. 1 for cancer care in U.S. News & World Report's Best Hospitals survey, and is one of only 49 comprehensive cancer centers designated by the National Cancer Institute.