

SAFETY NOTES

HOW TO PROTECT YOURSELF FROM UV RAYS

Advice from the
American Cancer Society

Most skin cancers are caused by too much exposure to ultraviolet rays. Most of this exposure comes from the sun, but some can come from man-made sources, such as indoor tanning beds and sun lamps. People who get a lot of exposure to UV rays are at greater risk for skin cancer.

The main types of UV rays that can affect your skin include UVA rays and UVB rays. UVB rays have more energy and are a more potent cause of at least some skin cancers, but both UVA and UVB rays can damage skin and cause skin cancer. There are no safe UV rays.

What affects UV exposure?

The strength of the sun's UV rays reaching the ground depends on a number of factors, such as:

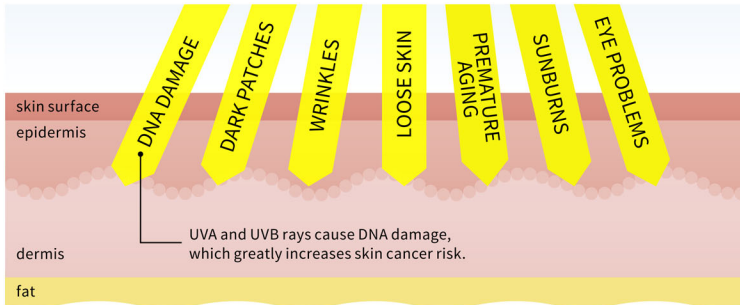
- **Time of day** — UV rays are strongest in the middle of the day, between 10 am and 4 pm.
- **Season of the year** — UV rays are stronger during spring and summer months. This is less of a factor near the equator.
- **Distance from the equator (latitude)** — UV exposure goes down as you get further from the equator.
- **Altitude** — More UV rays reach the ground at higher elevations.
- **Cloud cover** — The effect of clouds can vary, but it's important to know that UV rays can get through to the ground, even on a cloudy day.
- **Reflection off surfaces** — UV rays can bounce off surfaces like water, sand, snow, or pavement, leading to an increase in UV exposure.



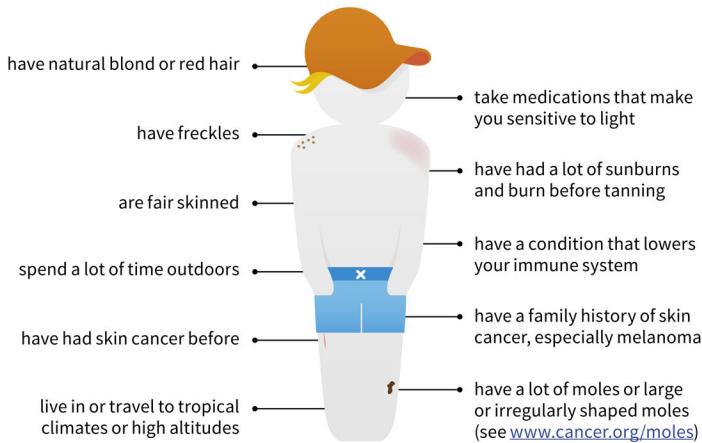
PREVENTING SKIN CANCER

Skin cancer is the most common of all cancer types. More than 5 million skin cancers are diagnosed each year in the United States. That's more than all other cancers combined. Skin cancer rates have been on the rise over the past few decades. The good news is that you can do a lot to protect yourself and your family from skin cancer.

UV RAYS FROM THE SUN CAUSE DNA DAMAGE, LEADING TO SKIN CANCER AND AGING



ANYONE CAN GET SKIN CANCER, BUT BE EXTRA CAREFUL IF YOU ...



PROTECT YOUR SKIN YEAR-ROUND

UV rays are around all the time, no matter what the season.



TOGETHER, WE ARE STRONGER THAN CANCER.

The American Cancer Society is fighting cancer on all fronts. Our mission is to save lives, celebrate lives, and lead the fight for a world without cancer.

SEEK SHADE (especially 10 a.m.-4 p.m.)



USE SUNSCREEN



COVER UP THE KIDDIES, TOO

Kids burn more easily. And babies younger than 6 months old should be kept out of direct sunlight.



Learn More // www.cancer.org/skincancer
 Stay Protected // www.cancer.org/sunsafety
 Detect Early // www.cancer.org/skincancerimages
 Donate // www.cancer.org/donate