

Summer Sun Protection

Skin cancer is the most common form of cancer in the United States and one of the most preventable.

Each person is at risk for skin cancer, no matter their skin color.

Follow these tips from the American Cancer Society of Slip! Slop! Slap! And Wrap!

Slip on a shirt – protect as much skin as possible.

Slop on sunscreen - with a Sun Protection Factor (SPF) of 30 or higher.

Slap on a hat – that shades the face, neck and ears.

Wrap on sunglasses to protect your eyes from UV rays and the sensitive skin around your eyes.

Limit sun exposure when UV rays are the strongest between 10A.M. and 4 P.M.

Sunscreen is not recommended for children less than 6 months of age. Keep infants protected with clothing and in the shade.

Avoiding sunburn as a youth will reduce the risk of skin cancer later in life.