



The Friday before Memorial Day is  
**Don't Fry Day™**  
[www.skincancerprevention.org](http://www.skincancerprevention.org)

# SunAWARE

**A**void *unprotected* exposure to sunlight, seek shade, and never indoor tan.

**W**ear sun protective clothing, including a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses year-round.

**A**pply recommended amounts of broad-spectrum sunscreen with a sunburn protection factor (SPF) >30 to all exposed skin and reapply every two hours, or as needed.

**R**outinely examine your whole body for changes in your skin and report concerns to a parent or healthcare provider.

**E**ducate your family and community about the need to be Sun**AWARE**.

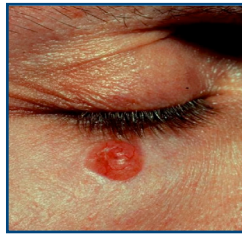
Be Safe. Be Sun**AWARE**!

## PROTECT YOUR SKIN TODAY AND EVERY DAY

- There will be three million new cases of skin cancer (basal cell, squamous cell, melanoma) in the U.S. this year.
- Boaters have a 40% greater risk of developing melanoma than the general public.
- One American dies every hour from skin cancer.
- Melanoma is the leading cause of death from skin cancer.
- Melanoma is associated with sunburns in childhood.
- Melanoma is leading cause of cancer in young, white, American women today.
- Skin cancer is preventable and easily recognizable.

## Anyone can develop skin cancer anywhere on the body

### Common Signs of Skin Cancer



Basal/Squamous Cell



Melanoma

- P - Persistent
- E - Easily irritated
- E - Enlarging
- R - Recurrent

- A - Asymmetrical
- B - Border irregular
- C - Color variable
- D - Diameter enlarging
- E - Evolving



SunAWARE  
 AT SEA

Brought to you by an educational grant from the Children's Melanoma Prevention Foundation.