Be SunAWARE on Boston Harbor Islands

Partners in Prevention

Neutrogena
Be Safe, Be SunAWARE

Avoid unprotected exposure to sunlight, seek shade, and never indoor tan.

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

Apply recommended amounts of broad-spectrum sunscreen with a Sun Protection Factor (SPF) ≥ 30 to all exposed skin and reapply every two hours, or sooner.

Routinely examine your whole body for changes in your skin and report concerns to your healthcare provider.

Educate your family and community about the need to be SunAWARE.

Hands On Tips for Proper Sunscreen Use

- BROAD SPECTRUM protects against burning and tanning rays.
- Water resistant = 40 or 80 minutes of protection.
- Pinky swear: higher SPF = greater protection.
- Handful of sunscreen covers the entire body.
- Know the UV Index because higher values mean greater sunburn risk.
- Rule-of-thumb: reapply every 2 hours.

For information, visit us at www.melanomaprevention.org