PROTECT PREVENT PLAY

Ready to get outside? Remember these SUN FUN tips:

**S**unglasses, wide-brimmed hats, and long-sleeved shirts and pants help protect from the sun, even on cloudy days.

**F**ind shade between 10am-2pm, when the sun is strongest.

**U**se broad-spectrum, water-resistant sunscreen, SPF 30+, and reapply every two hours even on cloudy days.

**U**se extra caution near water, snow, and sand; they reflect the sun’s damaging rays.

**N**ever use tanning beds, which cause skin cancer and wrinkling.

**N**otice what’s normal for your skin, and report any changes to your doctor.

99% of skin cancers are preventable. Enjoy the sun, but protect and prevent before you play! A public service message from the Oregon Health Authority, the OHSU Knight Cancer Institute, the OHSU Department of Dermatology, and Oregon businesses that want to help you prevent skin cancer.