PROTECT PREVENT PLAY

Ready to get outside? Remember these SUN FUN tips:

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

F - Find shade between 10am-2pm, when the sun is strongest

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

N - Never use tanning beds, which cause skin cancer and wrinkling

Notice 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.