



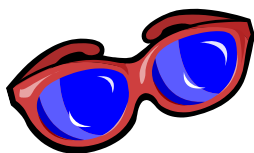
Sun Safety




National Sun Safety Week is in June


Did you know that more than 1 million new cases of skin cancer will be diagnosed in the United States?


Here are some tips to keep your skin safe from the sun.




 **Wear sunscreen with at least 15 SPF.** Apply generously and be sure to re-apply every 2 hours and after swimming or sweating.



 **Wear protective clothing.** Be sure to wear your sunglasses with UV protection and wide-brimmed hat.

 **Seek shade** when you can. The sun's rays are the strongest between 10 a.m. and 4 p.m.

 **Avoid tanning beds.** UV light from tanning beds can lead to skin cancer and wrinkling. Try sunless tanning lotion instead.



 **Be extra cautious around water, snow, and sand.** They reflect damaging UV rays that can cause sunburns.

 **Check UV, heat, and air quality indexes.**

 **Remember to drink plenty of water.**



Source: <http://www.sunsafetyalliance.org>

For more information visit us at www.kanehealth.com/coalition.htm
Or contact Maureen Obuchowski at 630-264-7670