

## PUBLIC ADDRESS ANNOUNCEMENTS

*(These announcements should be read one at a time throughout the game)*

- The Live SunSmart Foundation reminds everyone that you should apply your broad spectrum sunscreen of SPF15 at least every two hours – even late in the day.
- The UV index\* today is \_\_\_\_\_. That means you are at (insert high/medium/low here – see chart below) risk for overexposure to the sun and that you need to wear sunscreen. Yes – even now!
- Remember you should Look SunSmart by wearing a hat, long sleeves and sunglasses whenever possible.
- Did you know that up to 90% of the visible changes to your skin commonly thought to be caused by aging are actually a result of unprotected sun exposure – you don't want premature wrinkles – keep your good looks and youthful appearance – apply sunscreen all year round
- Skin cancer affects everyone – no matter their race, color, age, gender or ethnicity – we all need to apply a broad spectrum sunscreen of SPF 15.
- Sunscreen comes off when you sweat. Remember to reapply!

\*UV Index – go to [www.livesunsmart.org](http://www.livesunsmart.org) and enter your zip code in the field at the bottom of home page

UV Index	Exposure Level	Time to Burn
0, 1, 2	Minimal	60 minutes
3, 4	Low	45 minutes
5, 6	Moderate	30 minutes
7, 8, 9	High	15-25 minutes
10 or higher	Very high	10 minutes