

Team SunSmart™

HOW TO APPLY SUNSCREEN

An Athlete's Guide to Proper Sunscreen Application

STEP 1

Apply sunscreen SPF 30 or more 20 minutes before going outside

STEP 2

Apply a generous amount of sunscreen – put it on thick

STEP 4

Reapply sunscreen every two hours and immediately after exercise or swimming

STEP 3

Do not rub it in – let it soak into your skin

STEP 5

Wear protective clothing; long sleeves, a hat and sunglasses whenever possible

STEP 6

Make sure those you care about are doing the same!

ABCDE'S OF MELANOMA



Asymmetry – One half doesn't look like the other half



Borders – Uneven, notched or fuzzy



Color – More than one color or shade



Diameter – Size greater than eraserhead

Evolution – Sudden change in appearance

WHY SHOULD I CARE?

Just one or two severe sunburns during childhood or adolescence doubles the chance of getting skin cancer later in life.

Skin cancer is the most common cancer in the United States.

A tan is actually a sign of sun damage and the body's attempt to protect itself from further harm.

While most children are born without moles, the majority of moles develop in childhood as a result of unprotected sun exposure.

Some scientists estimate that a young person who wears sunscreen everyday will cut their risk of developing skin cancer by as much as 70% as an adult.

The sun causes 80% of premature aging, making sun protection one of the best defenses against wrinkles.

Although lighter skinned people are at a higher risk for developing melanoma, persons of all races and ethnic backgrounds are susceptible. In fact, it is often diagnosed at later stages resulting in a higher mortality rate.

SCAN ME



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