

## Safety in the Sun

Almost everyone enjoys playing and working outdoors. The sun feels good and makes us feel happy. It would be sad, indeed, if we had to give up these pleasures. Happily, there is no need to do so if we protect ourselves by following the ABC's for "Fun in the Sun."

Stay **AWAY** from mid-day sun and its intense UV rays. Schedule play times and outdoor activities for before 10 AM and after 4 PM. Avoid sunburn and be aware of the length of time you are in the sun. It may take only 15 minutes of mid-day sun to burn a fair-skinned person.

**BLOCK** sun damage by applying a **sunblock lotion of at least a #30 SPF**. Spread it evenly over all exposed skin, including ears and lips, about 30 minutes before going out. Reapply sunblock after swimming. Stay in the shade as much as possible, particularly during the middle of the day.

**COVER-UP** with a hat and light clothing when outdoors. Put on your hat and shirt after swimming and never work outside without a shirt. Don't forget to protect your eyes, too, by wearing **sunglasses** with UV protection.

More than 700,000 people are diagnosed with skin cancer each year. **The sun is the most common cause of skin cancer**. When found early, most cases can be cured. Be sure to see a dermatologist immediately if you find any skin changes, moles, unusual growths, or a sore that won't heal.