

# Sun Fun or Sunburn?

A tan today means wrinkles tomorrow – and possible skin cancer down the road.



## Stay out of the sun.

Especially from 10 am to 2 pm when the sun is the strongest.



## Use sunscreen.

Choose a broad-spectrum sunscreen with SPF 30 or higher.

### Do it right:

- Use a shot glass full.
- Reapply every 2 hours – more often when you swim or sweat.
- Spread it everywhere, from scalp to toes.



## Wear sun-protective clothing:

- Wide-brim hat
- Long pants
- Long sleeves

## Wear good sunglasses.

Make sure they give 100% UV-protection.



## Don't forget sunscreen.

Even on cold or cloudy days.



## Don't buy waterproof sunscreen.

There's no such thing.



## Don't use sunscreen on babies under 6 months.

Dress them in a sun-protective hat and clothes instead



## Don't use tanning beds.

Their UV lights can damage skin and cause cancer.



## Check moles regularly.

Call your doctor if you see changes.

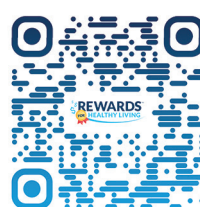
## Don't skip your skin check.

Do it at least once a year.  
Make an appointment now!



## Don't forget your lips:

Wear SPF 30 lip balm.



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