

# PROTECT THE SKIN YOU'RE IN.

Each year, approximately one million skin cancers are detected. It is the most common cancer in the US. Scientists believe that reducing exposure to the sun's ultraviolet (UV) rays can decrease the risk of skin cancer.

Skin cancer affects people of all races, color and ethnicities for both men and women of all ages.

## WHAT IS BROAD SPECTRUM?

It means it protects against both UVA and UVB rays. SPF only refers to protection against UVB rays.

## WE'VE GOT YOUR BACK

Live SunSmart Foundation encourages everyone to have fun in the sun but to do so in a SunSmart, responsible way.

In looking for ways to protect yourself from the sun's UV rays, there are many year-round options. So let your friends and loved ones know about these simple sun-protection tips – Slip, Slap, Slop and Slide or Shade. Do your part and tell five people.

## SEEK SHADE

Trees, umbrellas, tents and gazebos are good sources of shade. Use these options whenever possible to reduce your exposure to UV rays. When dining outside, choose the table with the umbrella or one that sits in the shadow of the building.



For more information on how you, your friends and family can live safely with the sun, visit [livesunsmart.org](http://livesunsmart.org).

To stay up to date on the latest information, hit us up on



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WHATEVER  
**SKIN YOU'RE IN**  
CHOOSE YOUR **COVER!**

**SLIP SLAP  
SLOP AND SLIDE**

PROTECT YOURSELF  
FROM **UV RAYS.**



## SLIP ON A SHIRT & PANTS



When you're enjoying your favorite outdoor activities, it's important to shield your skin. A shirt or cover-up and pants, all with a tight weave, are good sun protection choices. Keep in mind, however, that a typical T-shirt usually has an SPF much lower than the recommended SPF 15—unless you choose one with Ultraviolet Protection Factor (UPF).

## SLAP ON A HAT



Not all sun protection needs to come in a bottle. So it's smart to use your head when you're out in the sun. Up to 80 percent of skin cancers occur on the head and neck, so a wide-brimmed hat is a great way to shade your face, ears, scalp and neck from the sun's UV rays, but any hat is better than nothing—just be sure to use sunscreen too!

## SLOP ON SUNSCREEN



Remember to bring sunscreen everywhere, not just to the beach or pool. We are often overexposed when outdoor activities last longer than expected and you don't need a burn to prove you've been unprotected for too long.

Use a broad spectrum sunscreen with Sun Protection Factor (SPF) of 15, and apply it properly. For people who don't like lotions or are reluctant because of the chemicals, there are varieties of creams, gels, sprays and blockers of varying consistencies and formulations that you can use and not find offensive.

## AND SLIDE ON YOUR SHADES



Grabbing a pair of shades is more than cool; it's also the best way to protect your eyes from harmful UV rays. Sunglasses protect the tender skin around your eyes and reduce the risk of developing cataracts and pre-mature wrinkles. For maximum protection, look for sunglasses that block both UVA and UVB rays. Style is important too. The larger lenses provide the greatest cover and wrap-arounds are best to keep the UV rays from sneaking in at the sides.

## PROTECT THE SKIN YOU'RE IN

Skin cancer is the most common cancer in the United States and the incidence of it is on the rise. Yes—some people are at higher risk than others, but anyone can get it. The most preventable cause of skin cancer is overexposure to ultraviolet (UV) rays—so cover up!

## THE PROPER WAY TO APPLY SUNSCREEN.

Apply an SPF15 broad spectrum sunscreen 20 minutes before going outside

Slop on a generous amount—put it on thick

Do not rub it in—let it absorb on its own

Reapply sunscreen every two hours and immediately after sweating or swimming