

**One person dies from melanoma every 50 minutes!**  
**Florida has the second highest incidence of melanoma in the Country.**  
**Melanoma is the most common form of cancer for ages 25-29.**

# SUN SAFETY

**Protect yourself and your family by following these simple rules:**

1. Reduce exposure to the sun during peak hours, 10am – 4pm. (Seek shade)
2. Don't BURN! One or more sunburns before the age of 18 doubles your risk of getting melanoma.
3. Always wear sun block and lip protection with at least an SPF of 30-50.
4. Reapply sun block every 2 hours and after swimming, sweating or any outdoor activity.
5. Wear protective clothing and accessories when possible, including a wide-brimmed hat, a long-sleeved shirt, pants, and sun glasses.
6. DO NOT GO INTO A TANNING BOOTH! 10 minutes in a tanning bed is like 4 hours of sun!

Get to know your skin and that of your family. Look for any new or unusual marks such as moles or freckles and be aware of any changes over time. Schedule regular dermatological check ups and have a full body exam before the age of 30.

**“Know the Skin that YOU are in.” It's worth it!**

*Richard David Kann*  
**Melanoma**  
F O U N D A T I O N



**pbcparcs.com**

Palm Beach County Parks & Recreation Department

Call 561-655-9655 for more information.

For free online education and resources,  
including current UV index, visit [www.melanomafoundation.com](http://www.melanomafoundation.com) or scan this QR  
code with your mobile device.

