

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) **Seek shade between 10am and 4pm.** Reduce exposure to the sun during peak hours.
- 2) **Don't burn!** One or more sunburns before the age of 18 doubles your risk of getting melanoma.
- 3) **Always wear SPF 30-50** sun block and lip protection.
- 4) **Reapply every 2 hours** and after swimming, sweating, or any outdoor activity.
- 5) **Wear protective clothing** when possible, such as a wide brimmed hat, a long sleeved shirt, pants, and sun glasses.
- 6) **Avoid tanning beds.** Ten minutes in a tanning bed is like four 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 you’re in!”

RDKMelanoma
RICHARD DAVID KANN FOUNDATION



We create opportunities for healthy, happy living!

Call **561-655-9655** for more information.
For free online education and resources,
including current UV index, go to
melanomafoundation.com