

DID YOU KNOW?

Ultraviolet radiation is a human carcinogen.

UV increases 5% with every 1000 feet gained in elevation.

Coloradans have nearly 1/3 higher risk of developing melanoma than people from other states.



**WEAR SUNGLASSES,
SUNSCREEN,
COVER-UP CLOTHING
AND A HAT!**

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This program is sponsored by the Cancer, Cardiovascular Disease, and Pulmonary Disease Grants Program, at the Colorado Department of Public Health and Environment

SUN SAFETY TIPS

CHECK THE UV INDEX DAILY!

- Look in the weather section of the newspaper
- Higher number (1 to 11+) = greater UV
- Take more precautions on high UV days

LIMIT DIRECT UV EXPOSURE!

- Seek shade during breaks
- Use large umbrellas or other portable shade

COVER UP WITH CLOTHING!

- Choose, whenever possible, to wear long-sleeved shirts, long pants, wide-brimmed hats and back-flap hats
- Wear dark-colored, tightly-woven fabrics (ones you can't see through when held up to the light)
- Cover your eyes with 100% UV blocking sunglasses

USE SUNSCREEN!

- Wear sunscreen and lip balm with SPF 30 or higher that blocks UVA and UVB
- Apply sunscreen 15-30 minutes before going out
- Reapply at least every 2 hours

EXAMINE YOUR SKIN!

- Watch your moles and other skin spots
- Report unusual skin changes to your doctor

Warning: Do not depend on sunscreen alone. Combine sunscreen with wide-brimmed hats, UV-protective sunglasses, and cover-up clothing to increase your protection against UV radiation.



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