

# The Friday of Memorial Day Weekend is **DON'T FRY DAY!**

## PROTECT YOUR SKIN TODAY AND EVERY DAY

- There will be over five million new cases of skin cancer diagnosed in the U.S. this year.
- One American dies every 45 minutes from skin cancer.
- Melanoma accounts for 90% of skin cancer deaths.
- Melanoma is the leading cause of cancer in young, white, American women.
- 72% of melanomas in children occur in girls between the ages of 15 to 19.
- Skin cancer is preventable and easily recognized.

## Sun**AWARE**

- A** **A**void unprotected exposure to sunlight, seek shade, and never indoor tan.
- W** **W**ear sun protective clothing, including a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses year-round.
- A** **A**pply recommended amounts of broad-spectrum sunscreen with a sunburn protection factor (SPF)  $\geq 30$  to all exposed skin and reapply every two hours, or as needed.
- R** **R**outinely examine your whole body for changes in your skin and report concerns to a parent or healthcare provider.
- E** **E**ducate your family and community about the need to be Sun**AWARE**.

## ANYONE CAN DEVELOP SKIN CANCER ANYWHERE ON THEIR BODY



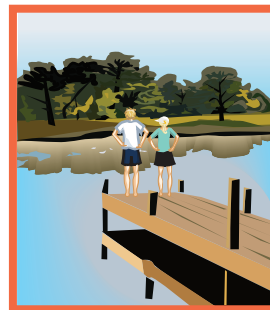
**Basal/Squamous**



**Melanoma**

- P** - Persistent
- E** - Easily irritated
- E** - Enlarging
- R** - Recurrent

- A** - Asymmetrical
- B** - Border irregular
- C** - Color variable
- D** - Diameter enlarging
- E** - Evolving



On **Don't Fry Day**,  
and Every Day,  
Please Be Safe.  
Be **SunAWARE!**