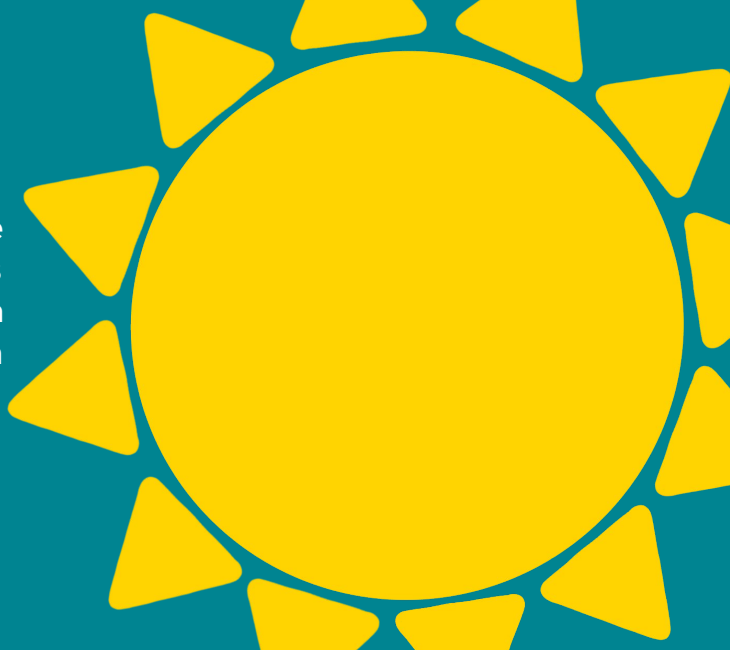


HAWAII SKIN CANCER COALITION

Even during the winter months in Hawaii over exposure to the sun's ultraviolet radiation (UV) not only causes painful sunburn, but can lead to serious health problems, including melanoma, a life threatening form of skin cancer.

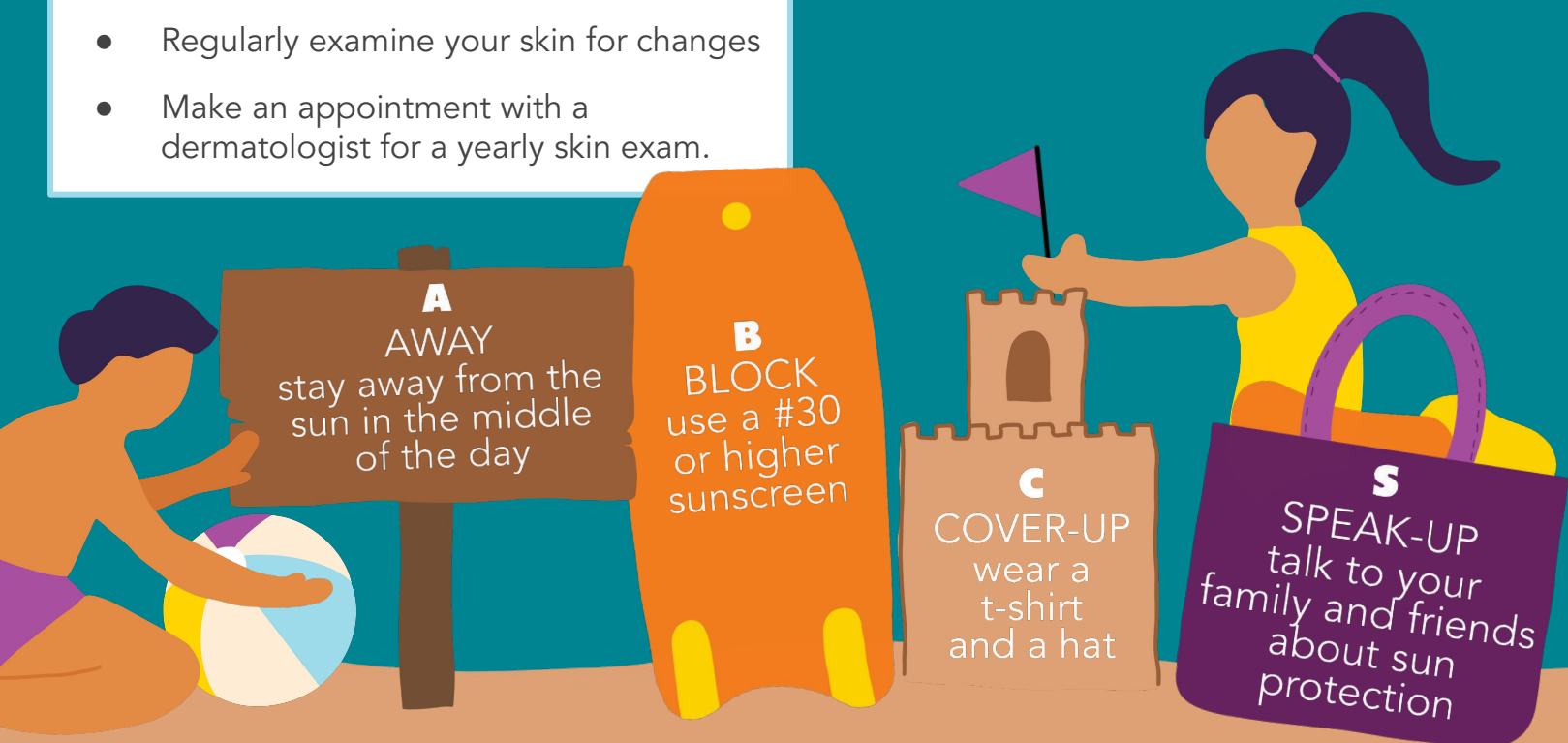


A PERSON CAN FOLLOW THESE EASY STEPS TO HELP PREVENT SKIN CANCER:

- Always apply sunscreen and a lip balm with a Sun Protection Factor (SPF) of at least 30 or more
- Wear sunglasses that block 99-100% of UV radiation
- Wear protective clothing such as sun hats and long sleeves
- Whenever possible, avoid exposure to the midday sun (from 10:00 a.m. to 4:00 p.m.)
- Whenever outdoors, seek shade—especially when at the park, beach, or pool.
- Regularly examine your skin for changes
- Make an appointment with a dermatologist for a yearly skin exam.

PARENTS CAN TAKE THESE EASY STEPS TO PROTECT CHILDREN:

- Keep babies less than six months old out of the sun
- Be sure that children older than 6 months wear sunscreen, hats, and protective clothing. Please see the American Academy of Dermatology website for more information.
- Monitor children's sun exposure time



To learn how you can have sun sense, please contact the Hawaii Skin Cancer Coalition on hawaiiskincancercoalition.org.