



Genesee County Health Department

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Re: Sun Safety

Did you know that skin cancer is the most common form of cancer in the United States? Every year there are more new cases of skin cancer than the combined total number of new cases of breast, prostate, lung and colon cancers. Luckily, skin cancer is not only the easiest form of cancer to cure when caught early, but, it is easy to prevent.

The Skin Cancer Foundation has provided a list of tips to keep you and your family safe and healthy during outdoor play. Sunscreen alone is not the answer; follow these helpful tips to stay as sun safe as possible:

- Use a broad spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day.
- Apply 2 tablespoons of sunscreen to your entire body 30 minutes before going outside and reapply every 2 hours.
- For extended outdoor activity, use a water-resistant SPF of 30 or higher.
- For children, all of these recommendations apply, but their sunscreen should be at least an SPF of 30.
- Keep newborns out of the sun.

Better Life Through Better Health

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Main Phone 810-257-3612 ♦ Visit us at: www.gchd.us

- Seek the shade, especially between 10 AM and 4 PM.
- Avoid sunburn.
- Avoid tanning and UV tanning booths.
- Cover up with clothing, including a brimmed hat and UV-blocking sunglasses.
- Examine your skin head-to-toe every month and see your physician every year for a professional skin exam.

The Genesee County Health Department urges residents to be sun smart this summer. Our motto is “Better Life through Better Health.” For more health and safety information visit our website at www.gchd.us or for more sun safety information visit the American Cancer Society’s website at www.cancer.org.