

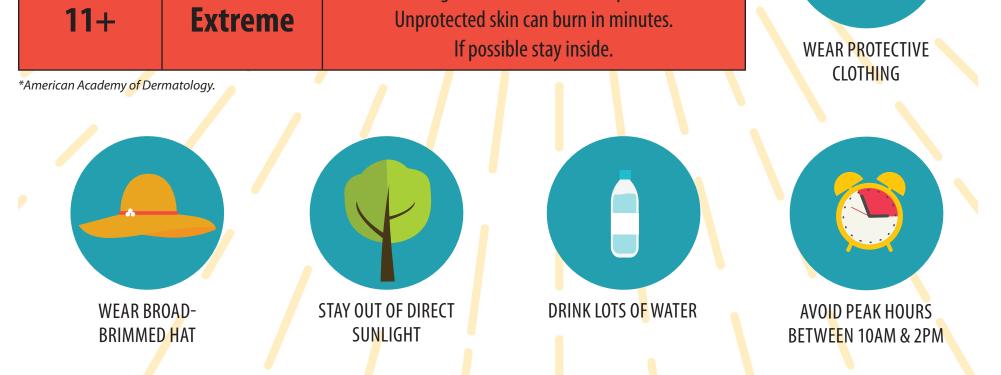
Skin Cancer Prevention

1 in 5 Americans will Develop Skin Cancer in their Lifetime

Repeat sunburns increase your risk for Skin Cancer. You can reduce this risk by using sunscreen properly!

UV Index, Exposure Levels and Precautions*

UV Index Number	Exposure Level	Precautions to Protect Your Skin	USE SUNSCREEN WI SPF 30 OR HIGHEI
0-2	Low	Wear sunscreen and sunglasses	
3-5	Moderate	Wear sunscreen, sunglasses, cover-up, seek shade near midday hours	
6-7	High	Wear sunscreen, protective eyewear and clothing. Reduce time in the sun between 10am and 2pm.	USE SUNGLASSES TI BLOCK UVA & UVB R
8-10	Very High	Wear sunscreen, protective eyewear and clothing. Take extra precautions. Unprotected skin will be damaged and can burn quickly. Reduce time in the sun between 10am and 2pm.	
		Extreme high risk of harm. Take all precautions.	



UHS/LS/PS/07/3