### Date: [ENTER DATE]

### [INSERT TOWN HEADER]

### PSA Sun Safety

**Why Sun Safety Matters**

* UV rays cause
  + **Painful sunburns**
  + **Premature aging**
  + **Increase risk of skin cancer**—including melanoma
* Skin cancer is the most common cancer in the U.S. (CDC, 2024)

**Sun Safety Tips**

* **Use broad-spectrum sunscreen (SPF 30 or higher)**: Apply 15–20 minutes before heading outside, and reapply every 2 hours, or right after swimming or sweating.
* **Wear protective clothing**: Long sleeves, wide-brimmed hats, and sunglasses help block UV rays.
* **Seek shade between 10 a.m.–4 p.m.**, when UV radiation is strongest.
* **Stay hydrated** and avoid strenuous activity during peak heat times

**Key Takeaways**

* **No tan is a safe tan** – any tanning signifies skin damage
* **Check the UV index** daily to help plan safe outdoor time
* **Apply sunscreen** to commonly missed areas: ears, neck, scalp, tops of feet
* **Self-exam monthly**; watch for new or changing moles and follow the ABCDEs (Asymmetry, Border irregularity, Color change, Diameter >6 mm, Evolution)
* **If in doubt, get a dermatologist’s opinion**—melanoma can spread quickly but is almost 100% survivable when caught early

Protect your skin. Save lives. Stay sun safe!

For more information about sun safety:

* [IMPACT Melanoma Practice Safe Skin](https://impactmelanoma.org/practice-safe-skin/)
* [Mass.gov Summer Safety](https://www.mass.gov/info-details/summer-safety#sun-and-heat-protection)
* [EPA Sun Safety Tips](https://www.epa.gov/sunsafety/sun-safety-tips)