

## Sun Safety for ME



### Protect Your Family — Limit Sun Exposure

#### Sun Safety Guidelines

**A**void unprotected exposure to the sun



**B**lock out the sun by using sunscreen



**C**over your body with appropriate clothing



## Remember your ABCs of Sun Safety

**A**void unprotected exposure to the sun, especially between 10 a.m. and 4 p.m., when the sun's rays are the strongest.

**B**lock out the sun by using sunscreen of SPF 15 or higher, and reapply every two hours. Be sure to reach often-missed areas, such as your ears, neck, hands, and feet.

**C**over your body with long pants and long-sleeved shirts. Wear a broad-brimmed hat and sunglasses with UV-protection lenses.

### Did You Know?

- Skin cancer is the most common cancer in Maine.
- Maine has a higher rate of malignant melanoma than most states in the USA.

*Brought to you by:*

**MELANOMA**  
FOUNDATION  
NEW ENGLAND

[www.mfne.org](http://www.mfne.org) • 800-557-6352

 **Maine Cancer  
CONSORTIUM**

**Skin Cancer Workgroup**

[www.maine-cancer-consortium.org](http://www.maine-cancer-consortium.org)

207-287-4715