Sun Safety

As you enjoy watching your favorite team practice for the upcoming season, make a Crucial Catch by following these sun safety tips from the American Cancer Society to help reduce your cancer risk:

**Cover Up:** When you are out in the sun, wear clothing and a wide-brimmed hat to protect as much skin as possible. Protect your eyes with sunglasses that block at least 99% of UV light.

**Lather Up:** Use a broad-spectrum sunscreen with an SPF of 30 or higher. Reapply at least every 2 hours, as well as after swimming or sweating.

**Be Shady:** Seek shade to limit your direct exposure to the sun, especially between 10 a.m. and 4 p.m., when UV rays are strongest.

**Ditch Devices:** Avoid tanning beds and sunlamps. Both can cause serious long-term skin damage and contribute to skin cancer.

Assess your cancer risk. Check out The Defender, presented by Sleep Number, for personalized tips to help reduce your cancer risk.

cancer.org/crucialcatch | 1.800.227.2345