



SUN SAFETY TIPS

Crucial Catch

The National Football League (NFL) and the American Cancer Society (ACS) are committed to saving lives. Our Crucial Catch initiative expands the impact of the NFL's work to raise awareness about breast cancer to include education about multiple types of cancer by promoting prevention, early detection, and timely access to follow-up care. Since 2009, the NFL's Crucial Catch campaign has raised more than \$24 million for ACS. Money raised supports ACS' Community Health Advocates implementing Nationwide Grants for Empowerment and Equity (CHANGE) program, which promotes health equity and addresses cancer-related disparities.

Join us as we intercept cancer, one Crucial Catch at a time.



Sun Safety

Make a Crucial Catch by following these sun safety tips from the American Cancer Society to 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.



When it comes to cancer, offense is the best defense. Complete our digital screening test, The Defender, at thedefender.cancer.org for personalized tips to reduce your cancer risk.

cancer.org/crucialcatch | 1.800.227.2345