



SUN SAFETY

GRAPHIC 1



CAPTION

Tanned skin is damaged skin due too much exposure to ultraviolet (UV) rays from the sun. Tanning can lead to early aging of the skin and increase the risk of skin cancer. Here are tips to stay sun safe. health.ny.gov/sunsafety

GRAPHIC 2



CAPTION

Wearing a wide-brimmed hat and a long-sleeved shirt, avoiding the midday sun, and applying sunscreen with at least 15 SPF at 15 minutes before going outdoors protects against dangerous UV exposure. Take these precautions even when it's cloudy. Learn more: health.ny.gov/sunsafety



GRAPHIC 3



CAPTION

Indoor tanning is dangerous. It exposes you to high levels of ultraviolet radiation in a short time. Tanning beds are much more intense than natural sun exposure.

health.ny.gov/environmental/indoors/tanning/landing.htm

GRAPHIC 4



CAPTION

About 90 percent of skin cancers are the result of too much exposure to ultraviolet (UV) radiation from the sun. Protect your skin with sunscreen with SPF 15 or higher. More ways to avoid UV rays:

health.ny.gov/environmental/tanning/skin_cancer_light.htm



GRAPHIC 5



CAPTION

Young people are at a greater risk of sunburns and other damage from UV rays that can lead to an increased risk for future skin cancers. Parents can protect their children by applying a broad spectrum sunscreen and limiting time in the sun. More info: health.ny.gov/press/releases/2024/2024-07-01_uv.htm

GRAPHIC 6



CAPTION

Tans and sunburns damage your skin, and this damage can lead to future skin cancers like Melanoma. Keep your skin safe by following some simple precautions: health.ny.gov/press/releases/2024/2024-07-01_uv