SunSense

Practicing sun safety to reduce risk of skin cancer
<table>
<thead>
<tr>
<th>UV Index</th>
<th>Exposure</th>
</tr>
</thead>
<tbody>
<tr>
<td>0–2</td>
<td>Low</td>
</tr>
<tr>
<td>3–5</td>
<td>Moderate</td>
</tr>
<tr>
<td>6–7</td>
<td>High</td>
</tr>
<tr>
<td>8–10</td>
<td>Very high</td>
</tr>
<tr>
<td>11+</td>
<td>Extreme</td>
</tr>
</tbody>
</table>
Skin Damage
Dangers of Tanning
Sun Sense Practices
SLIP!
Wear loose clothes to cover your arms and legs.
SLAP!
A wide brim protects your ears, neck and face
SLOP!
SPF 30 or higher
to protect your skin
SEEK!
Seek shade or create your own where it is not available
SLIDE!
Protect your eyes
A. Asymmetry
B. Border
C. Color
D. Diameter
E. Evolving
Summary

Check the UV index

NO to Tanning Beds

Practice the 5 S’s