



STATE OF ALABAMA DEPARTMENT OF
PUBLIC HEALTH

Skin Cancer 60 Sec PSA

School's out for summer! It's time for fun in the sun...but be careful how much sun. Too much sun exposure can be dangerous.

Skin Cancer is the most common form of cancer in the United States – affecting all races, genders and generations. Experts believe that four out of five cases of skin cancer could be prevented since damage from the sun's harmful ultraviolet rays is mostly avoidable.

No matter where you are this summer – whether the beach or the backyard – take a few minutes to protect yourself from the sun. Try to stay out of the sun as much as possible, especially between 10 am and 4 pm, when the sun's rays are the strongest. Wear a hat and long sleeves and put on sunscreen repeatedly throughout the day.

Remember your sun can be affected by the sun's rays even when it's cloudy.

For more information visit AlabamaPublicHealth.gov.

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