



# Be SunAWARE

on Boston Harbor Islands

Partners in Prevention

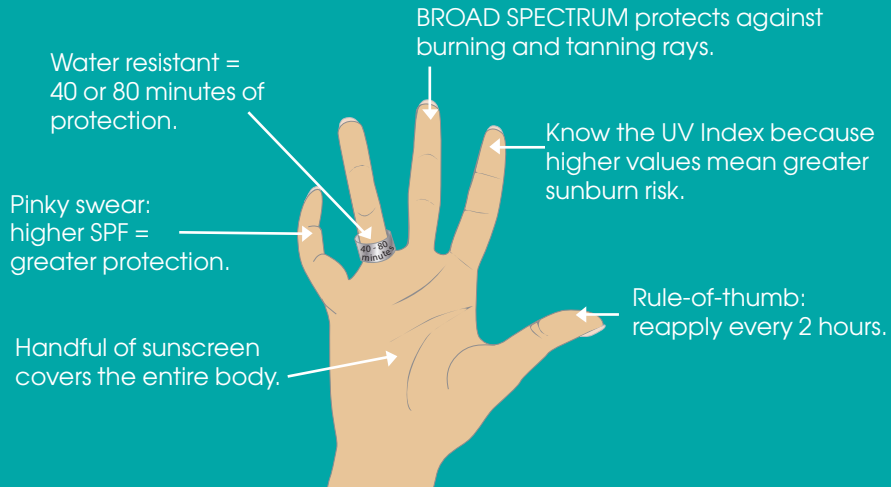
Neutrogena<sup>®</sup>  
BY DERMATOLOGIST RECOMMENDED



## Be Safe, Be SunAWARE

- A** Avoid unprotected exposure to sunlight, seek shade, and never indoor tan.
- W** Wear sun protective clothing, including a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses year-round.
- A** Apply recommended amounts of broad-spectrum sunscreen with a Sun Protection Factor (SPF)  $\geq 30$  to all exposed skin and reapply every two hours, or sooner.
- R** Routinely examine your whole body for changes in your skin and report concerns to your healthcare provider.
- E** Educate your family and community about the need to be SunAWARE.

## Hands On Tips for Proper Sunscreen Use



For information, visit us at [www.melanomaprevention.org](http://www.melanomaprevention.org)