

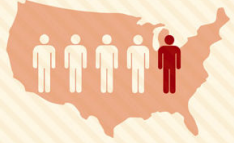
Be Sun Safe In Door County!!!

Door County Public Health Department

Skin Cancer is the Most Common Type of Cancer

More than 3.5 million skin cancers are diagnosed each year in the United States. That's more than all other cancers combined. Skin cancer rates have been on the rise over the past few decades. The good news is that you can do a lot to protect yourself and your family from skin cancer.

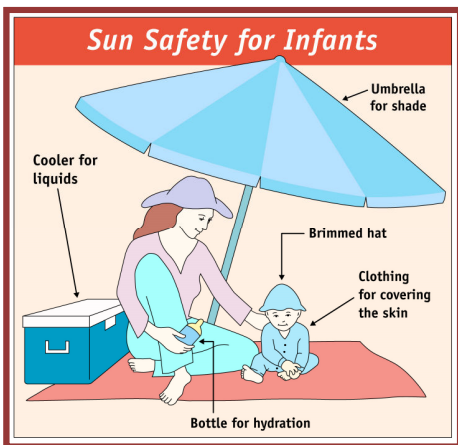
1 in 5 Americans will develop some form of skin cancer in their lifetime.



Sun Safety for Infants

Infants 0-6 months: Infants under 6 months of age should be kept out of the sun--their skin is too sensitive for sunscreen.

An infant's skin possesses little melanin, the pigment that gives color to skin, hair and eyes and provides some sun protection. Therefore, babies are especially susceptible to the sun's damaging effects.



Sun Safety Tips

Here are some easy tips to remember to keep you and your loved ones sun safe!



Door County Public Health Department

Be Sun Safe

All day, every day!

- Sunglasses 
- Sunscreen 
- Reapply it SPF 30
- Shade 
- Wide-brim Hat 
- Cover-up 

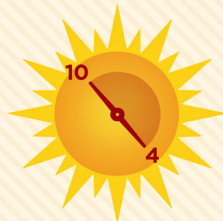
Be Sun Safe Program supported by a grant from the WI Environmental Public Health Tracking Program

Apply **SPF 30 or higher** sunscreen **30 minutes** before you go outside.



Use about **1 oz.** of sunscreen each time you apply.

UV rays are strongest between **10 a.m. and 4 p.m.**



The Shadow Rule

Another way to determine when to stay out of the sun is by following the shadow rule:

"Short Shadow - Seek Shade."

The intensity of UV rays is directly related to the angle of the sun or altitude above the horizon.

When a person's shadow is shorter than the person is tall, the intensity of the UV rays from the sun is more likely to cause sunburn.

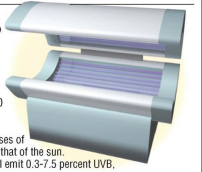


Tanning Beds

Tanning beds

Recent studies
A new analysis of about 20 studies concludes that the risk of skin cancer jumps by 75 percent when people start using tanning beds before age 30

Tanning lamps
New high-pressure sunlamps emit doses of UVA that can be as much as 15 times that of the sun. UVA bulbs used by tanning salons still emit 0.3-7.5 percent UVB, a potentially significant amount



CHICAGO TRIBUNE

Compared to those who have never tanned indoors, indoor tanners:

- 20%** have a 20 percent higher risk of melanoma.
- 87%** have an 87 percent risk of melanoma if they start tanning before the age of 35.
- 2.5x** are 2.5 times more likely to develop squamous cell carcinoma and 1.5 times more likely to develop basal cell carcinoma.

The Skin Cancer Foundation

EVERY DAY
USE SUNSCREEN

EVERY MONTH
CHECK YOUR SKIN

EVERY YEAR
VISIT A DERMATOLOGIST IF YOU'RE AT HIGHER RISK

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