



ULTRAVIOLET (UV) INDEX SCALE



Use the EPA.gov UV Index search to calculate the UV Index for your location.



0 to 2: Low

No protection needed. You can safely stay outside using minimal sun protection



3 to 7: Moderate to High

Protection needed. Seek shade during late morning through mid-afternoon. When outside, generously apply broad-spectrum SPF-15 or higher sunscreen on exposed skin, and wear protective clothing, a wide-brimmed hat, and sunglasses.



8+: Very High to Extreme

Extra protection needed. Be careful outside, especially during late morning through mid-afternoon. If your shadow is shorter than you, seek shade and wear protective clothing, a wide-brimmed hat, and sunglasses, and generously apply a minimum of SPF-15, broad-spectrum sunscreen on exposed skin.



The Shadow Rule

An easy way to tell how much UV exposure you are getting is to look for your shadow:

- If your shadow is taller than you are (in the early morning and late afternoon), your UV exposure is likely to be lower.
- If your shadow is shorter than you are (around midday), you are being exposed to higher levels of UV radiation. Seek shade and protect your skin and eyes.



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Public Health
Prevent. Promote. Protect.



PREVENTING SKIN CANCER

Skin cancer is the most common of all cancer types. More than 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.

UV RAYS FROM THE SUN CAUSE DNA DAMAGE, LEADING TO SKIN CANCER AND AGING



SEEK SHADE
(especially 10 a.m.-4 p.m.)

DON'T USE TANNING BEDS OR LAMPS

WEAR SUNGLASSES

WEAR A HAT

COVER UP WITH CLOTHING

ANYONE CAN GET SKIN CANCER, BUT BE EXTRA CAREFUL IF YOU ...

- have natural blond or red hair
- have freckles
- are fair skinned
- spend a lot of time outdoors
- have had skin cancer before
- live in or travel to tropical climates or high altitudes
- take medications that make you sensitive to light
- have had a lot of sunburns and burn before tanning
- have a condition that lowers your immune system
- have a family history of skin cancer, especially melanoma
- have a lot of moles or large or irregularly shaped moles (see www.cancer.org/moles)

USE SUNSCREEN



PROTECT YOUR SKIN YEAR-ROUND

UV rays are around all the time, no matter what the season.



COVER UP THE KIDDIES, TOO

Kids burn more easily. And babies younger than 6 months old should be kept out of direct sunlight.



TOGETHER, WE ARE STRONGER THAN CANCER.

The American Cancer Society is fighting cancer on all fronts. Our mission is to save lives, celebrate lives, and lead the fight for a world without cancer.

Learn More // www.cancer.org/skincancer
Stay Protected // www.cancer.org/sunsafety
Detect Early // www.cancer.org/skincancerimages
Donate // www.cancer.org/donate