

OTHER HELPFUL TIPS



- Limit Time in the Midday Sun
- Seek Shade
- Avoid Sunlamps & Tanning Beds
- Watch for the UV Index

Too Much Sun Can Be Harmful



- Damages Lens of Eye
- Damages Immune System
- Causes Skin Cancer
- Makes Skin Look Old & Causes Wrinkles

HEALTHY HAYWOOD's
Cancer Prevention Action Team
has teamed up with
the American Cancer Society
to promote the
Slip, Slop, Slap, and Wrap
Campaign.

HEALTHY HAYWOOD
is a community partnership
certified as a NC Healthy
Carolinkians Task Force & part
of the Haywood County Health
Department. We are dedicated
to improving health in
Haywood County

For more information about ACS,
call 1.800.ACS.2345.
For more information about
HEALTHYHAYWOOD,
contact the coordinator today!



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Practice Sun Safety

Slip
Slop
Slap
Wrap

**HEALTHY
HAYWOOD's
Cancer Prevention
Action Team**

**Wants You to Protect
Your Skin All Year Long**



Protect Your Skin!

DID YOU KNOW?

You can still get burned on cloudy days!

The sun's rays can reach through three feet of water!

Snow reflects sunlight, so you can get burned in the winter too!

1 in 5 Americans will get some kind of skin cancer in their lifetime.

REMEMBER!

Children are looking to adults to set good examples. Parents, Grandparents, Guardians, Aunts, and Uncles: Teach your children about the importance of sun safety by taking care of your own skin.

It is not recommended for children less than six months old to wear sunscreen. Instead, protect them with clothing and shade.

SLIP! on A Shirt

- Cover up with protective clothing
- Make sure the fabric is tightly woven

SLOP! on Sunscreen

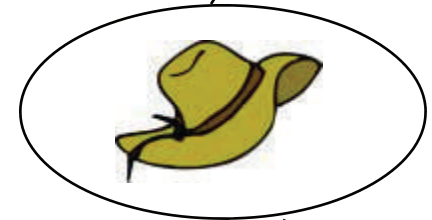
- Apply (SPF) 15 or higher
- Put on 20 minutes before you go outside
- Reapply every two hours

SLAP! on A Hat

- Make sure it has a wide brim
- This will protect your:
eyes, ears, face, and back of your neck

WRAP! on Sunglasses

- Wear sunglasses that provide 99-100% of UVA & UVB protection
- Make sure it says this when buying sunglasses



**It's All
You've
Got!**