

# FEEL LIKE

# SIZZLING?

That's what you're doing when  
**you don't cover up in the sun.**

## Why?

Because the OZONE LAYER — the Earth's protective shield against the sun's harmful UV rays — is thinner today than it was 25 years ago.

## Why is that dangerous?

Because today's more intense UV rays can cause:

- Skin cancer (which can kill you)
- Premature wrinkling
- Eye damage
- Weakening of the immune system (which keeps us from getting sick).

**You say this doesn't apply to you?**

**YOU'RE WRONG.**

It doesn't matter what your skin color is — everyone needs protection.

## Here's what you can do:

- ☀ Do Not Burn
- ☀ Avoid Sun Tanning and Tanning Beds
- ☀ Generously Apply Sunscreen
- ☀ Wear Protective Clothing, Including a Hat, Sunglasses and Full-Length Clothing
- ☀ Seek Shade
- ☀ Use Extra Caution Near Water, Snow and Sand
- ☀ Watch for the UV Index
- ☀ Get Vitamin D Safely

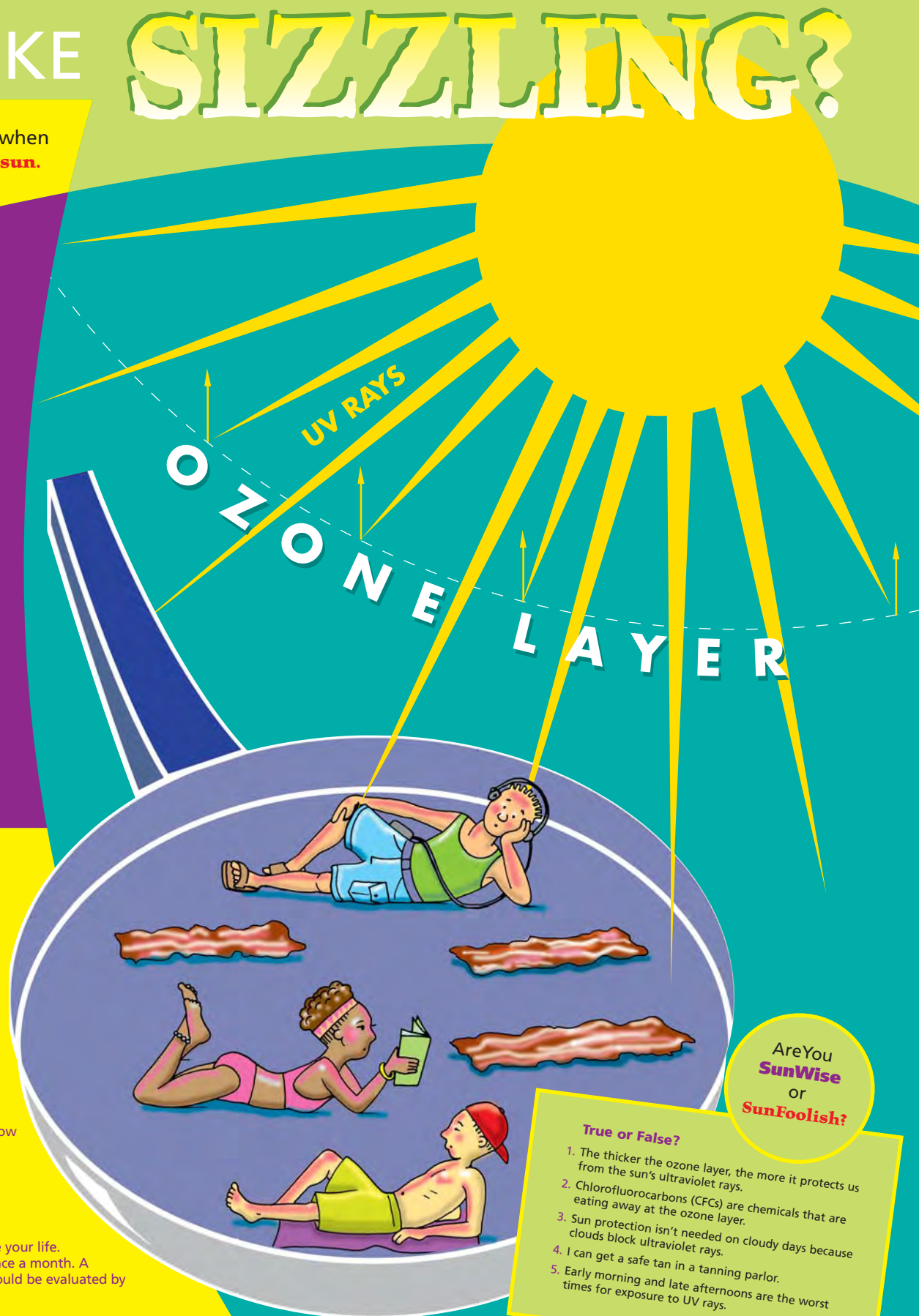
Early detection of melanoma can save your life. Carefully examine ALL of your skin once a month. A new or changing mole in an adult should be evaluated by a dermatologist.

**Don't Wait 'Til It's Too Late –**

# Be SunWise NOW



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Are You  
**SunWise**  
or  
**SunFoolish?**

### True or False?

1. The thicker the ozone layer, the more it protects us from the sun's ultraviolet rays.
2. Chlorofluorocarbons (CFCs) are chemicals that are eating away at the ozone layer.
3. Sun protection isn't needed on cloudy days because clouds block ultraviolet rays.
4. I can get a safe tan in a tanning parlor.
5. Early morning and late afternoons are the worst times for exposure to UV rays.

Answers: 1-T, 2-T, 3-F, 4-F, 5-F

[www.epa.gov/sunwise](http://www.epa.gov/sunwise)



United States  
Environmental Protection  
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