

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 20 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).

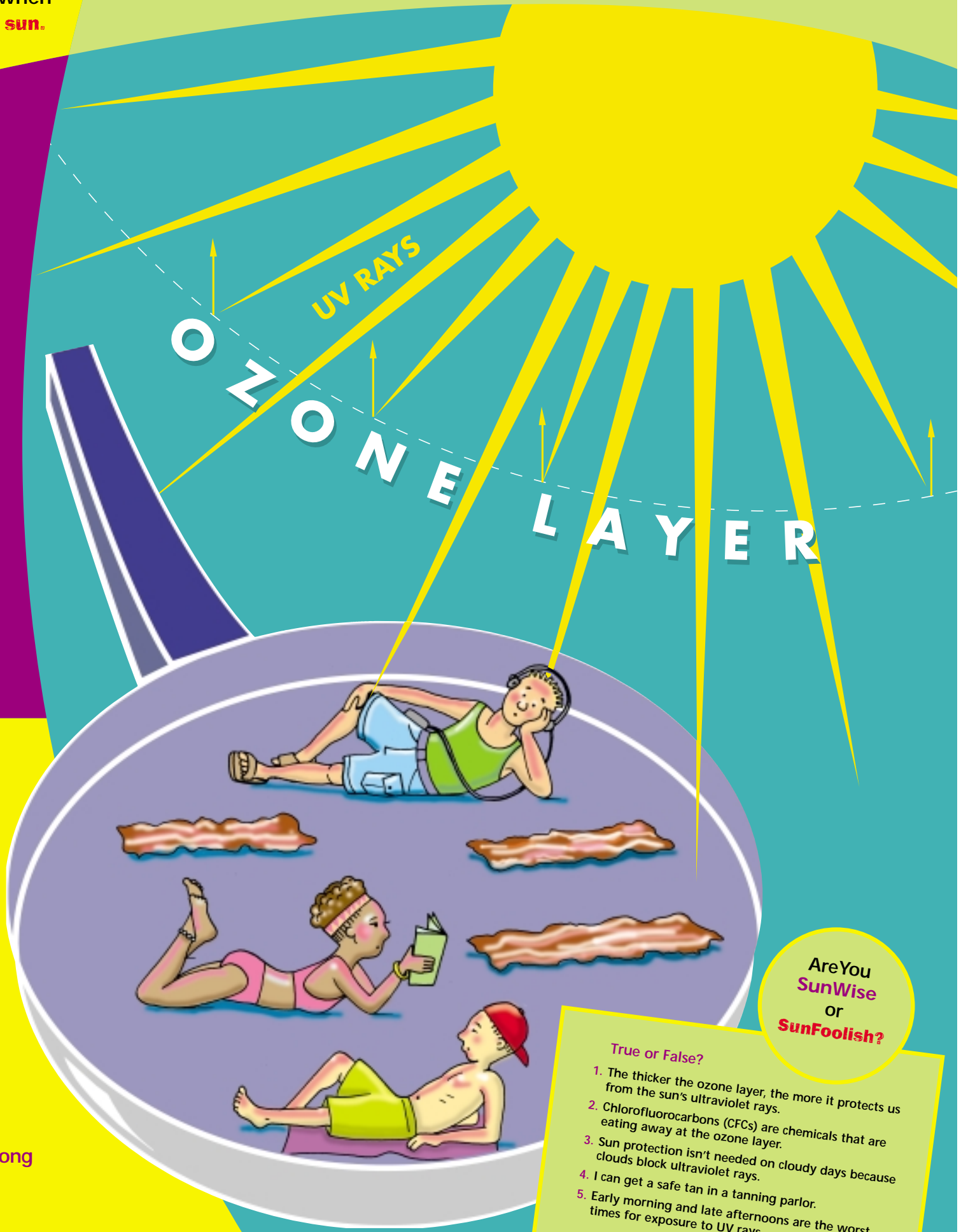
You say this doesn't apply to you?

YOU'RE WRONG.

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

Here's what you can do:

- Cover up
- Seek shade
- Wear a hat
- Watch the UV index
- Limit time in the mid-day sun
- Avoid sunlamps and tanning parlors
- Always use sunscreen of SPF 15 or higher
- Wear sunglasses with strong UV protection



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

Don't Wait 'Til It's Too Late –

Be SunWise NOW

www.epa.gov/sunwise

