

# Practice Safe Sun!

## There's a dark side to the sun.

A side that can cause melanoma and other skin cancers—the most common cancers among young adults. Every 20 seconds someone is diagnosed. Every hour someone dies. White, Black, Asian or Latino—no one is immune, but nobody has to get it.

## It's easy to practice safe sun.

- Wear sunglasses and protective clothing
- Stay away from tanning beds
- Limit your exposure to the midday sun
- Use and reapply sunscreen of 30+ SPF
- Look out for moles that change in size or appearance

*Pete Cipollone is a ten-time USRowing National Team member and an Olympic gold medalist. He is also a melanoma survivor.*



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**Save your skin. Save your life.**

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