



sunscreen

Helping communities through skin protection and education

USE SUNSCREEN

SPF is your BFF!

1 in 5

Americans will develop skin cancer by the age of 70



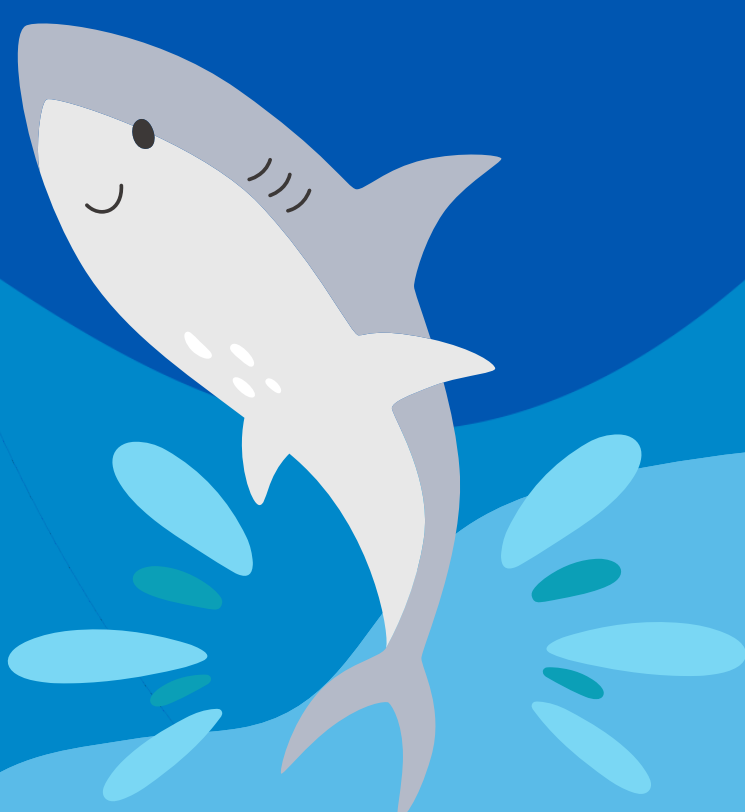
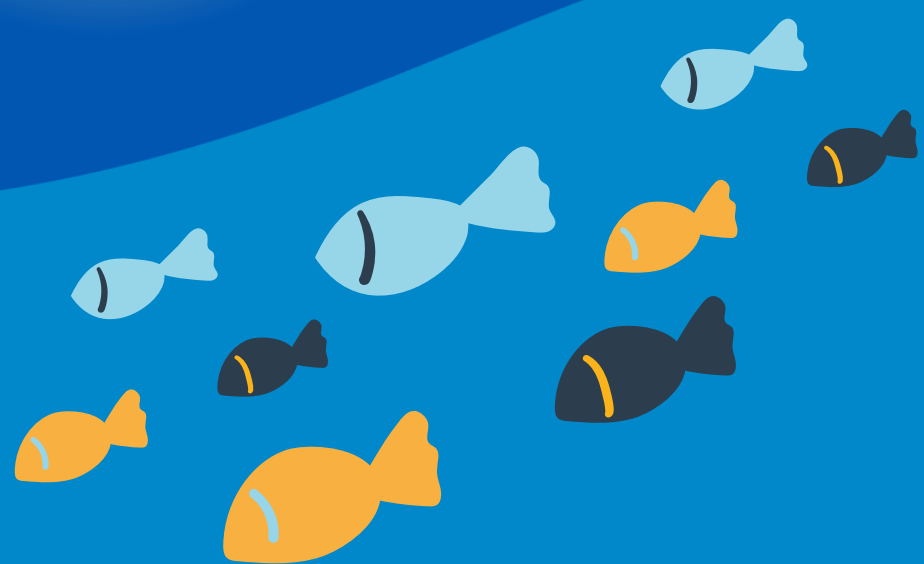
Dermatologists recommend using sunscreen with an **SPF of at least 30**, which blocks most of the harmful rays.

DON'T SKIMP ON

SUNSCREEN



Reapply sunscreen at least every two hours, but more often if you're **swimming** or **sweating**.



abcsunscreen.org



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