What can you do to have fun in the sun, and prevent damaging your skin?

- **Limit** your time in the sun. Try to stay outside as little as possible between 10a.m. and 4p.m.
- **Participate** indoors instead of outdoors at the ARC through Campus Recreation Programs.
- **Protect yourself**. Cover your skin with clothing, wear a hat, and always wear sunscreen of at least SPF 15.
- **Watch** for skin changes. Skin cancers can start small, so inspect for any changes.

Visit wellness.uci.edu to learn more ways to have safe fun in the sun.

Skin cancer is the most common type of cancer in the United States.

- Protecting your skin from ultraviolet (UV) rays can decrease your risk of skin cancer, and help you prevent wrinkles.
- Up to 80% of a person’s lifetime exposure to the sun occurs before age 18, so encourage skin protection to your children.
- Every time you get a sunburn, the risk for skin cancer is increased.