

Contact: Jean Mueller  
Taney County Health Department  
320 Rinehart Road  
Phone: (417) 334-4544 ext. 224  
Cell: (417) 230-0725  
Email: muellf@lpha.mopublic.org

Taney County Health Department



**Public Health**  
Prevent. Promote. Protect.  
An Accredited Local Public Health Department

**\*\*\*FOR IMMEDIATE RELEASE\*\***

**April 14, 2011**

### ***ABC'S OF SUN SAFETY***

The temperature is warming up and the sun is shining. It is time to get your shorts and t-shirts on and enjoy the great weather. While there are many benefits of enjoying the sunshine, it is also a good time to remember how to protect your skin from the harmful effects of sunlight.

Skin cancer is the most common type of cancer in the United States and melanoma is the most deadly form of skin cancer. In 2010, more than 68,000 people were diagnosed with melanoma and over 8,700 people died from this form of cancer in the U.S. alone.

People with certain risk factors are more likely than others to develop skin cancer. Risk factors vary for different types of skin cancer, but some general factors are:

- A lighter natural skin color.
- Family history of skin cancer.
- A personal history of skin cancer.
- Exposure to the sun through work and play.
- A history of sunburns early in life.
- Skin that burns, freckles, reddens easily, or becomes painful in the sun.
- Blue or green eyes.
- Blond or red hair.
- Certain types and a large number of moles.

Everyone should follow the **ABC's** of sun safety protection:

- **A** is for **AWAY**-Stay away from the midday sun, especially between the hours of 10 a.m. to 4 p.m.
- **B** is for **BLOCK**-To block the sun, apply sunscreen with a SPF of at least 15 or higher, about 20 minutes before sun exposure. Make sure to reapply every two hours and after swimming or sweating. For babies, start applying sunscreen at six months of age.
- **C** is for **COVER UP**-Cover up with a wide-brim hat or visor when going outdoors to shade the face, head, ears, and neck. Wear clothing to protect your skin and remember to protect your eyes by wearing sunglasses that absorb UV radiation to protect the skin around your eyes.
- **S** is for **Shade**-Seek shade, especially during the midday hours. Keep infants under six months of age out of direct sunlight. Use an umbrella over the stroller.

Get out and enjoy the weather, but make sure to protect your skin first! For more information about skin cancer and sun safety, visit the Taney County Health Department website at [www.taneycohealth.org](http://www.taneycohealth.org)

###