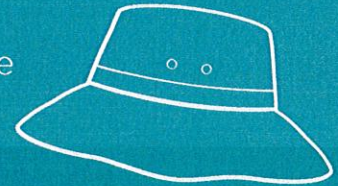




A healthy and safe summer starts by following these skin safety tips:

1

Shade: UV rays are strongest and most harmful during midday, so use this time for indoor play.



2

Protect Head to Toe: Wear a wide brimmed hat to provide a shield by casting a shadow around the face, including ears, eyes and neck

3

Sunglasses: Look for sunglasses that wrap around and block as close to 100% of UVA and UBA rays as possible.

4

Sunscreen: Use SPF of 30 or greater. Reapply every three hours or after prolonged exposure to water.



5

Monitor your moles: Perform a full body skin exam at home at least once a month in order to stay aware of any changes in your moles.

