



Coalition for Skin Cancer
Prevention in Maryland
www.sunguardman.org

SunGuard Your Skin!

- ⊗ **Do Not Burn.** Avoid sun tanning and tanning beds
- ⊗ **Generously Apply Sunscreen,** SPF 15 or higher, and reapply often
- ⊗ **Cover Up** with clothing, wide-brimmed hats and sunglasses
- ⊗ **Seek Shade** midday, when the sun's rays are strongest
- ⊗ **Use Extra Caution** near reflective surfaces like water, snow and sand

Center for a
HealthyMaryland
an affiliate of MedChi,
The Maryland State Medical Society