

# The Friday of Memorial Day Weekend is **DON'T FRY DAY!**

## PROTECT YOUR SKIN TODAY AND EVERY DAY

- There will be over five million new cases of skin cancer diagnosed in the U.S. this year.
- One American dies every 45 minutes from skin cancer.
- Melanoma accounts for 90% of skin cancer deaths.
- Melanoma is the leading cause of cancer in young, white, American women.
- 72% of melanomas in children occur in girls between the ages of 15 to 19.
- Skin cancer is preventable and easily recognized.

## Sun**AWARE**

- A** **A**void unprotected exposure to sunlight, seek shade, and never indoor tan.
- W** **W**ear sun protective clothing, including a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses year-round.
- A** **A**pply recommended amounts of broad-spectrum sunscreen with a sunburn protection factor (SPF)  $\geq 30$  to all exposed skin and reapply every two hours, or as needed.
- R** **R**outinely examine your whole body for changes in your skin and report concerns to a parent or healthcare provider.
- E** **E**ducate your family and community about the need to be Sun**AWARE**.

## ANYONE CAN DEVELOP SKIN CANCER ANYWHERE ON THEIR BODY



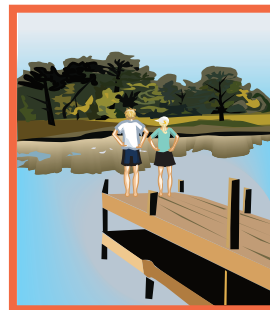
**Basal/Squamous**



**Melanoma**

**P** - Persistent  
**E** - Easily irritated  
**E** - Enlarging  
**R** - Recurrent

**A** - Asymmetrical  
**B** - Border irregular  
**C** - Color variable  
**D** - Diameter enlarging  
**E** - Evolving



On **Don't Fry Day**,  
and Every Day,  
Please Be Safe.  
Be **SunAWARE!**



National Council on  
Skin Cancer Prevention



Association of Dermatology Administrators & Managers  
BCCNS Life Support Network  
Blue Hills Community Health Alliance  
Boston Medical Center  
Dermatology Nurses' Association  
South Shore Skin Center and Spa  
Women's Dermatologic Society





**1 in 5  
children will  
grow up to get  
skin cancer. Don't let  
your child be the ONE.**

# Don't FRY Day

THE DAY TO BEGIN LIFE-LONG SUN-PROTECTION HABITS

The  
Friday  
before  
Memorial  
Day

## Slip, Slop, Slap & Wrap!™

Slip on a **SHIRT**, Slop on **SUNSCREEN**, Slap on a **HAT**,  
and Wrap on **SUNGLASSES** whenever you go outdoors.

Skin cancer is the most common cancer in the United States.  
To learn more about what you can do to protect yourself and your  
family from the sun, visit [www.skincancerprevention.org](http://www.skincancerprevention.org).



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