

Scorched is not a good look on anyone!

Forty-two percent of people say they get a sunburn at least once a year.



GET THE FACTS ABOUT HOW TO USE SUNSCREEN

Use the QR code reader on your mobile device to learn more.



One severe burn can turn to cancer

Getting sunburned five or more times during your lifetime doubles your risk for melanoma, the most serious form of skin cancer. Follow these simple tips to avoid overexposure:

- ✓ Limit time in direct sun, especially from 10 a.m. to 4 p.m.
- ✓ Use a sunscreen with an SPF of 15 or higher
- ✓ Cover up with clothing & top it off with a broad-rimmed hat
- ✓ Avoid sun bathing and UV tanning booths

Find more in the [health center](#) on [umr.com](#)



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