



Did you know?

VT has one of the highest incidence rates of melanoma in the country.

Most skin cancer is preventable!

Reduce your skin cancer risk by practicing sun safety.

Sun Safety Tips



Cover up

With wide-brimmed hats, sun-protective clothing and sunglasses.



Seek Shade

Between 10am and 2pm when the sun's UV rays are strongest.



Wear Sunscreen

With a sun protection factor (SPF) of 30 or higher.

THE **University of Vermont** CANCER CENTER

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