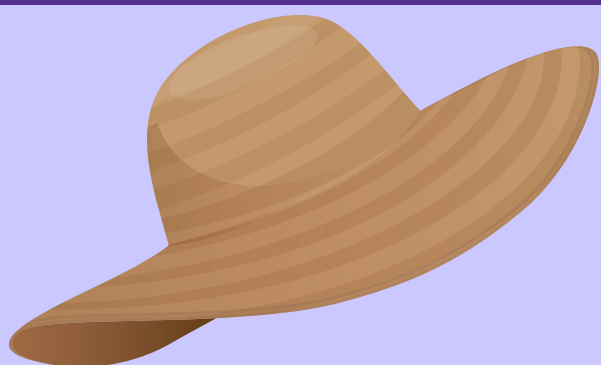




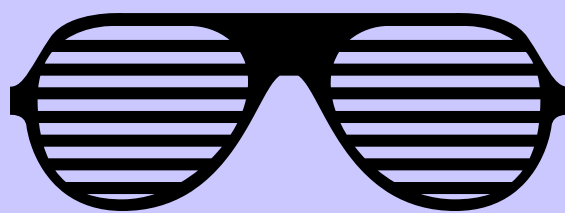
# REDUCE YOUR CANCER RISK THIS SUMMER

Our research shows the melanoma rate is rising in all populations in California. [bit.ly/1nLycyT](http://bit.ly/1nLycyT)



## WEAR A HAT

You can sunburn even on a cloudy day.



## WEAR POLARIZED SUNGLASSES

Concrete, sand, water, and snow reflect 85% to 90% of the sun's UV rays.



## STAY IN THE SHADE

Depletion of the Earth's ozone continues to increase your exposure to UV rays.



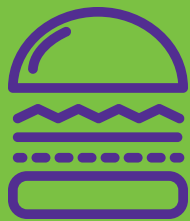
## REAPPLY SUNSCREEN REGULARLY

On average, children get 3 times more exposure than adults.

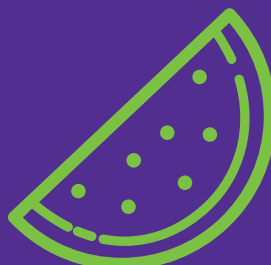
[bit.ly/1WKvRRd](http://bit.ly/1WKvRRd)

Meat cooked at a high temperature may cause cancer.

[1.usa.gov/1GUtLFu](http://1.usa.gov/1GUtLFu)



Get your fill of summer fruits and vegetables.



More daylight = more time to get fit outdoors.



Wear clothing with an SPF when in the sun for an extended time.



CANCER PREVENTION INSTITUTE  
OF CALIFORNIA

Preventing Cancer. Promoting Life.

[www.cpic.org](http://www.cpic.org)

