

Enjoy yourself at the BBQ... but don't get grilled!



Avoid sunburns...cover up to prevent skin cancer.

This message focuses UV protection strategy of avoidance, like seeking shade and staying out of the sun during peak hours.



View the digital version of this tool, go to: upennprc.org/skin-cancer-outdoor-exposure-tools/

BBQ poster



This message does not have a video to accompany the poster and radio PSA.



Hear the Radio PSA: BBQ

TRANSCRIPT: "It's Barbecue time! The grills are out and everybody is getting together with friends and family to enjoy good food and good times. Enjoy yourself, but make sure that your burgers and dogs are the only things that get grilled this season. Avoid sunburns and damage to your skin caused by the sun to prevent skin cancer. Use a shirt and a hat to protect yourself. And remember to use a sunscreen of SPF 15 or higher."

Use this message

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Shade. It can turn a picnic into a party. You'll have a great time and protect yourself and your friends from harmful UV rays. #skincancerawareness #prevention