

Wear cover up clothing to battle damaging UV rays that can cause skin cancer.



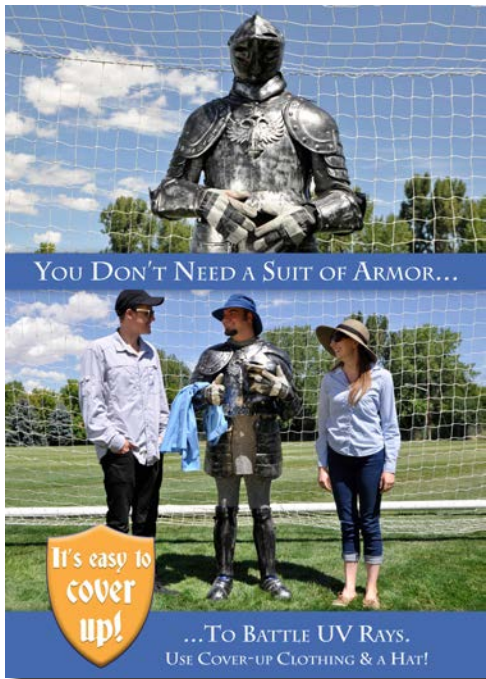
Don't forget your hat, sunscreen, and sunglasses.

This message focuses UV protection strategy of covering up with a hat, sunglasses and clothing.



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

Armor poster



Watch the Video: Armor

Click the icon on the right to view the video associated with this message, or go to our website to view all of the videos. This message focuses on covering up with clothing, hats, and sunglasses to protect your skin.



Hear the Radio PSA: Armor

TRANSCRIPT: "It doesn't take a full suit of armor to protect yourself from the harmful rays of the sun. You don't need to take such drastic measures – it really is simpler than that. Wear cover-up clothing like a long sleeve shirt to battle UV rays that can cause skin cancer. It's easy to cover up. And don't forget your hat, sunscreen, and sunglasses!"

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It's easy to cover up! Wear a shirt and don't forget your hat, sunscreen, and sunglasses. #skincancerawareness #prevention