

# Wearing a hat can help reduce the risk of skin cancer.



Protect yourself against skin damage and skin cancer.

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/](http://upennprc.org/skin-cancer-outdoor-exposure-tools/)

Hats poster



## Watch the Video: Hats

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 a hat to protect your skin.



## Hear the Radio PSA: Hats

TRANSCRIPT: "Did you know that most skin cancers show up on the face and head? Wearing a hat is a great way to protect your head, ears, and neck from the harmful rays of the sun. So no matter what your style – wide brimmed, baseball, visor, or safari – find the hat that's best for you to really enjoy your time outdoors. "

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Wearing a hat can help reduce the risk of skin cancer.  
#skincancerawareness #prevention