

Use shade to be sun safe.

And remember your shirt, hat, and sunscreen with a SPF of 15 or higher to prevent skin cancer, and to protect yourself from the sun's harmful rays.



This message focuses on the 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/

Soccer poster



Watch the Video: Soccer

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 seeking shade and avoiding the sun during peak hours.



Hear the Radio PSA: Soccer

TRANSCRIPT: "(Hot and sunny today with a high of 90! Have fun out there)
If you are going to the park to watch your favorite soccer player's game, remember to use shade to be sun safe. Bring along a pop-up shade tent and share it with your friends and neighbors. Everybody scores! And remember, a cover-up shirt, hat, and sunscreen with an SPF of 15 or higher, to prevent skin cancer and to protect yourself from the sun's harmful rays."

Use this message

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Use shade to be sun safe. Remember your shirt, hat, and sunscreen with a SPF of 15 or higher to prevent skin cancer. #skincancerawareness #prevention