

## Enjoy your time in the sun.

Don't damage your skin or ruin your vacation. Wear a sunscreen of SPF 15 or higher along with a hat and shirt to protect yourself from the harmful UV rays.



This message focuses UV protection strategy of protection, by using sunscreen to protect your skin from a sunburn.



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

First Day Out poster



### Watch the Video: First Day Out

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 using sunscreen to protect your skin.



### Hear the Radio PSA: First Day Out

TRANSCRIPT: "When you start your day, you need enough time to take care of the basics, like getting breakfast, hopping in the shower, and preparing for anything that might come your way - like too much sun exposure. Add sunscreen to your daily routine to cover the bases. Five minutes is all it takes. Use a sunscreen of SPF 15 or higher to help prevent skin cancer. Protecting your skin won't slow you down."

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