

## Avoid the apocalypse.



Take the time to protect yourself from the harmful rays of the sun.

This message focuses on all of the UV protection strategies, covering up with a hat and shirt, avoidance by seeking shade, and protective measures, like sunscreen.



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

Zombie Apocalypse poster



## Watch the Video: Zombie Apocalypse

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 and wearing clothing to protect your skin.



## Hear the Radio PSA: Zombie Apocalypse

TRANSCRIPT: "Music festivals are a great way to spend a day, but too much sun can have a powerful effect on your skin. A full day of UV radiation can make you feel like a zombie crawling for shade. Take the time to protect yourself from the harmful rays of the sun. Use a sunscreen with an SPF of 15 or higher, and reapply every two hours to avoid the apocalypse, or at least a sunburn. A shirt and hat will help too."

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A full day of UV radiation can make you feel like a zombie crawling for shade. Take the time to protect yourself from the harmful rays of the sun. #skincancerawareness #prevention