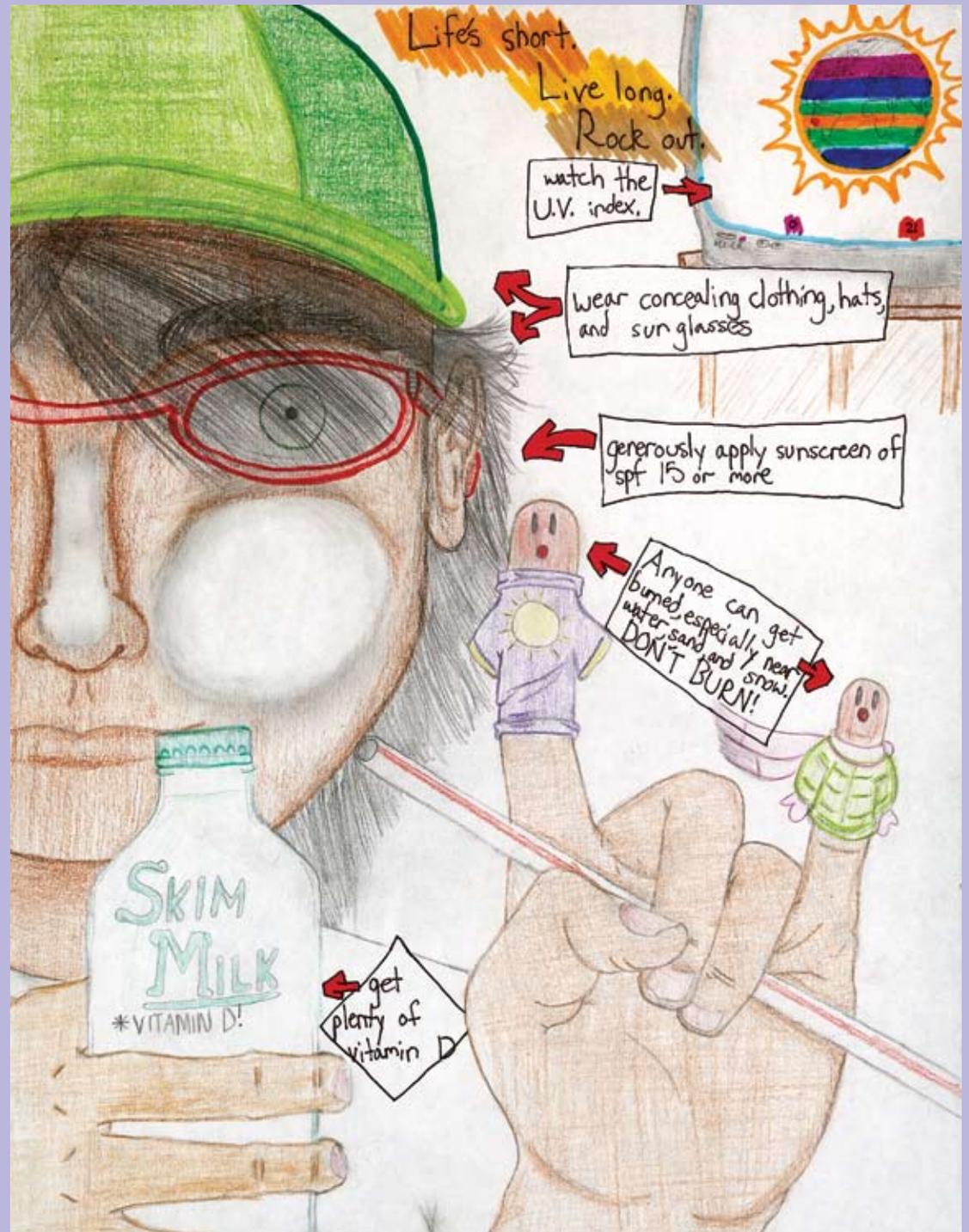


SunWise with SHADE

2010 Calendar

New York State
Department of Health



More than one million new cases of skin cancer are diagnosed in the United States each year, making it the most commonly diagnosed cancer. The most common types of skin cancer are the less deadly basal cell carcinoma and squamous cell carcinoma. A third type of skin cancer is melanoma, which can cause the most serious health problems and can prove fatal. Approximately 7,800 people die annually in the United States from this disease. There are approximately 52,000 new cases of melanoma reported nationally every year with over 2,100 of those cases occurring in New York State.

Only a few blistering childhood sunburns are enough to double the risk for skin cancer as an adult. The majority of lifetime sun exposure occurs before the age of eighteen. Up to ninety percent of skin cancer cases are attributed to high ultraviolet radiation from the sun. The good news is that simple steps can be taken to help prevent skin cancer, especially when they are initiated early in life.

Protective behaviors that will greatly reduce the risk of overexposure to ultraviolet radiation produced by the sun include:

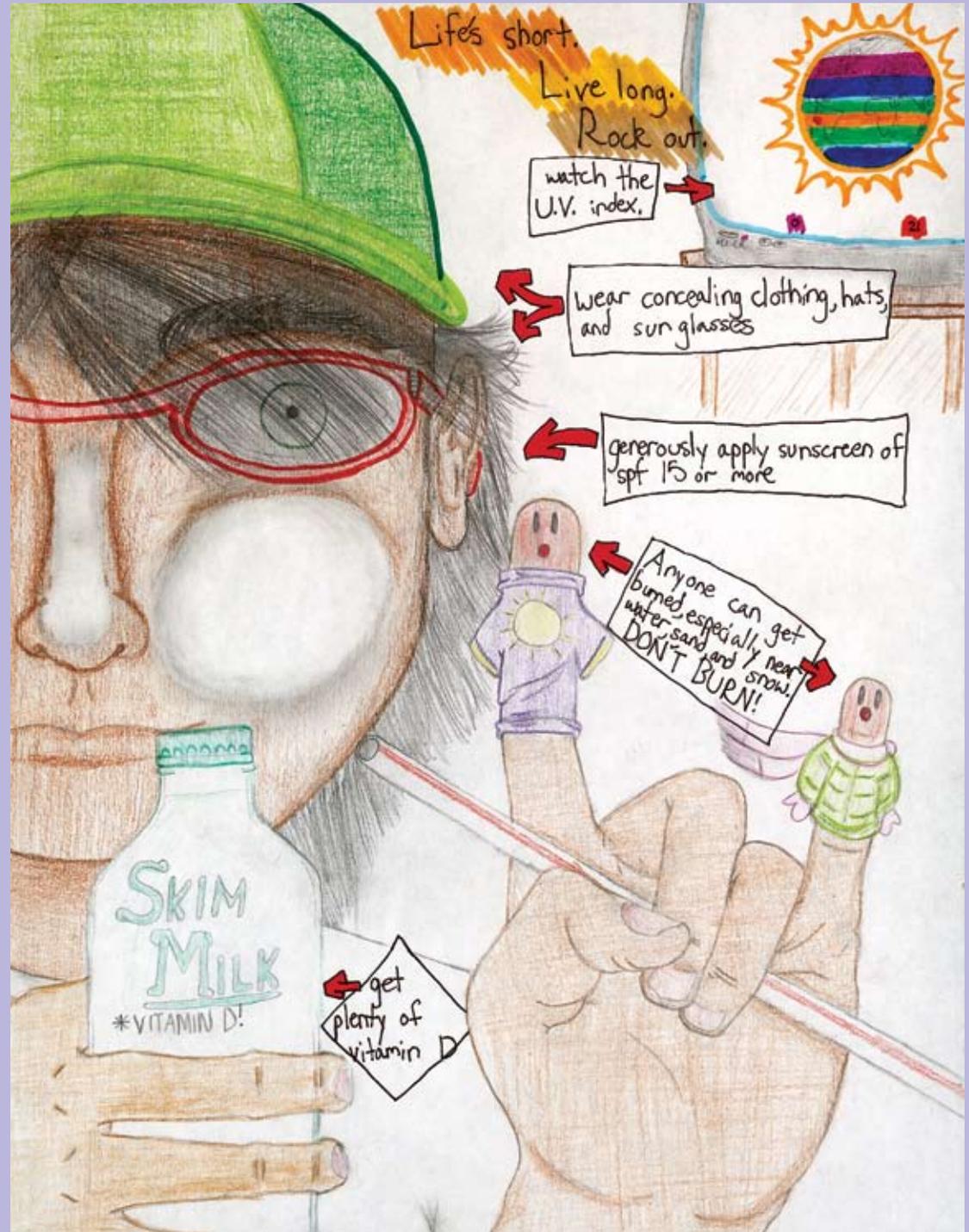
- Avoiding direct sunlight between 10 a.m. and 4 p.m., when the sun's ultraviolet rays are strongest. Burns can even occur on cloudy days;
- Seeking shade during peak hours;
- Wearing wide-brimmed hats and long-sleeved shirts with long pants whenever possible;
- Applying full spectrum (UVA and UVB) sunscreen SPF 15 or greater and applying it to skin fifteen to thirty minutes before going outdoors and again after swimming or sweating;
- Wearing sunglasses that block ninety-nine percent of UV-A and UV-B radiation.

Resources

New York State Department of Health
<http://www.nyhealth.gov/diseases/cancer/skin/>

The SHADE Foundation
<http://www.shadefoundation.org>

U.S. Environmental Protection Agency SunWise Program
<http://www.epa.gov/sunwise>



Andrew, 8th Grade Overall Winner
Jefferson Middle School, Jamestown, NY

| S | M | T | W | Th | January | Sa |
|----|----------------------------------|----|---|----|---------------------|----|
| 27 | 28 | 29 | 30 Sun Tip! Burns can even occur on cloudy days. | 31 | 1 New Year's Day | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 Martin Luther King Jr. Day | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |



Emily, Kindergarten Winner
Flushing Christian School, Flushing, NY

| S | February | | | | | T | W | Th | F | Sa |
|-----------------|-----------------|---------------|----|----|----|----|---|----|---|---|
| 31 | 1 | 2 | 3 | 4 | 5 | 6 | | | | |
| | | Groundhog Day | | | | | | | | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 | | | | |
| | | | | | | | | | | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | | | | |
| Valentine's Day | President's Day | | | | | | | | | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 | | | | |
| | | | | | | | | | | |
| 28 | 1 | 2 | 3 | 4 | 5 | 6 | | | | |
| | | | | | | | | | | Sun Tip! Always wear sunglasses with UV-ray protection. |



Nayma, 1st Grade Winner
P.S. 179, Brooklyn, NY

| S | March | T | W | Th | F | S |
|----|-------|----|----|----|----|----|
| 1 | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | 2 | 3 | 4 |

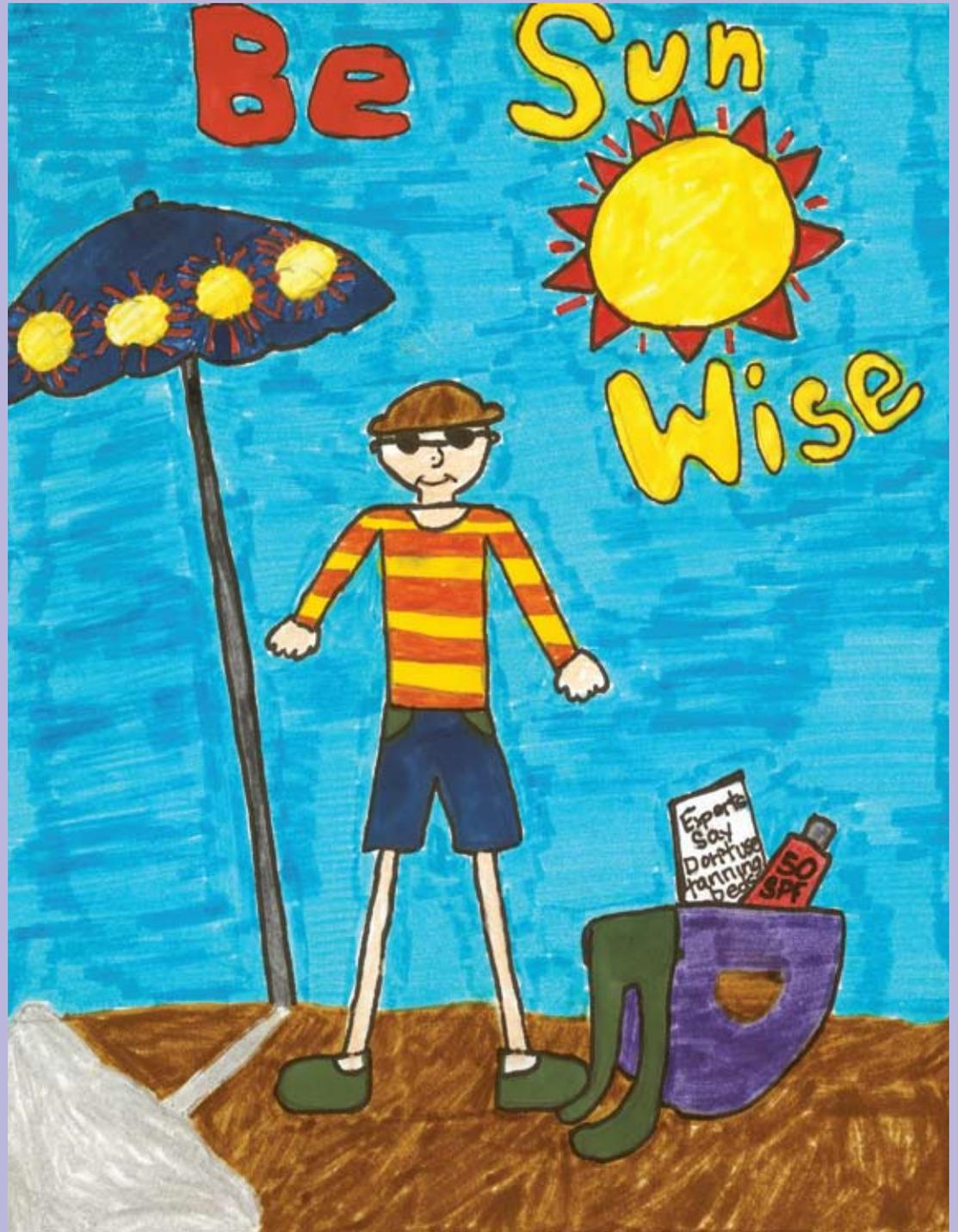
St. Patrick's Day

Sun Tip!
Apply full spectrum sunscreen SPF 15
or greater before going outside.



Mohammed, 2nd Grade Winner
P.S. 179, Brooklyn, NY

| S | M | T | W | April | F | Sa |
|--|----|----|----|-------|----|----|
| 28 Sun Tip! Avoid direct sunlight between 10 a.m. and 4 p.m. when the sun's rays are the strongest. | 29 | 30 | 31 | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 1 |



Patrick, 3rd Grade Winner
South Country School, Bay Shore, NY

| S | M | T | W | Th | F | May |
|-------------------|--------------------|----|----|----|--|-----|
| 25 | 26 | 27 | 28 | 29 | 30 May is Skin Cancer Awareness Month. | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 Mother's Day | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 Memorial Day | | | | | |



Aidan, 4th Grade Winner
Sullivan West Central School, Jeffersonville, NY

| S | M | June | W | Th | F | Sa |
|--------------|----------|------|----|--|----|----|
| 30 | 31 | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| | Flag Day | | | | | |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| Father's Day | | | | | | |
| 27 | 28 | 29 | 30 | 1 | 2 | 3 |
| | | | | Sun Tip! Always wear a wide-brimmed hat. | | |



Audrey, 5th Grade Winner
PS 94Q, Little Neck, NY

| S | M | T | W | July | F | Sa |
|--|----|----|----|------|----|----|
| 27 Sun Tip! Reapply sunscreen every 90 minutes or after swimming or sweating. | 28 | 29 | 30 | 1 | 2 | 3 |
| 4 Independence Day | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |



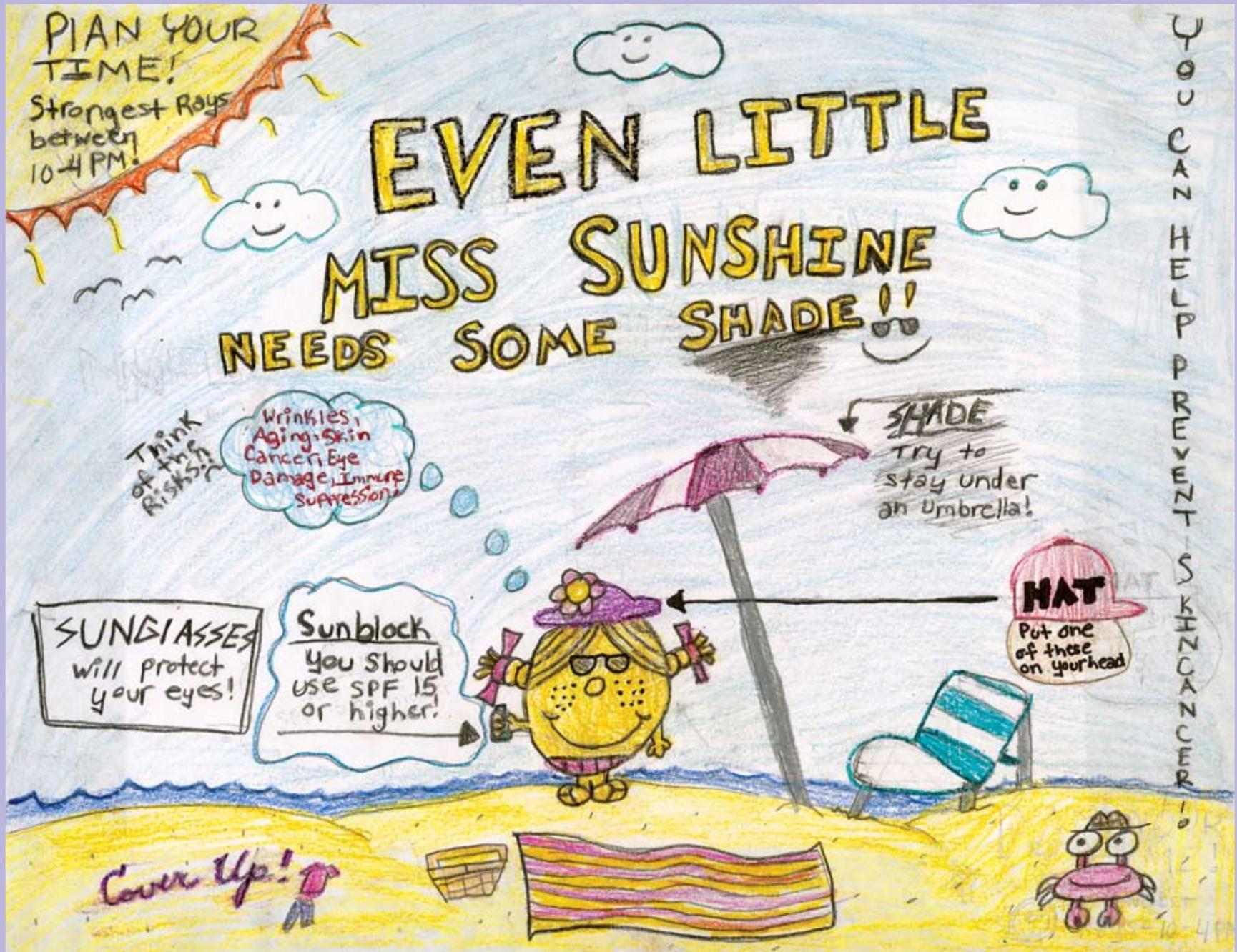
Crystal, 6th Grade Winner
Hampton Bays Middle School, Hampton Bays, NY

| August | M | T | W | Th | F | S |
|--------|----|----|--|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | Sun Tip! Watch your shadow. "No shadow, seek shade!" | 1 | 2 | 3 |
| | | | | | | 4 |



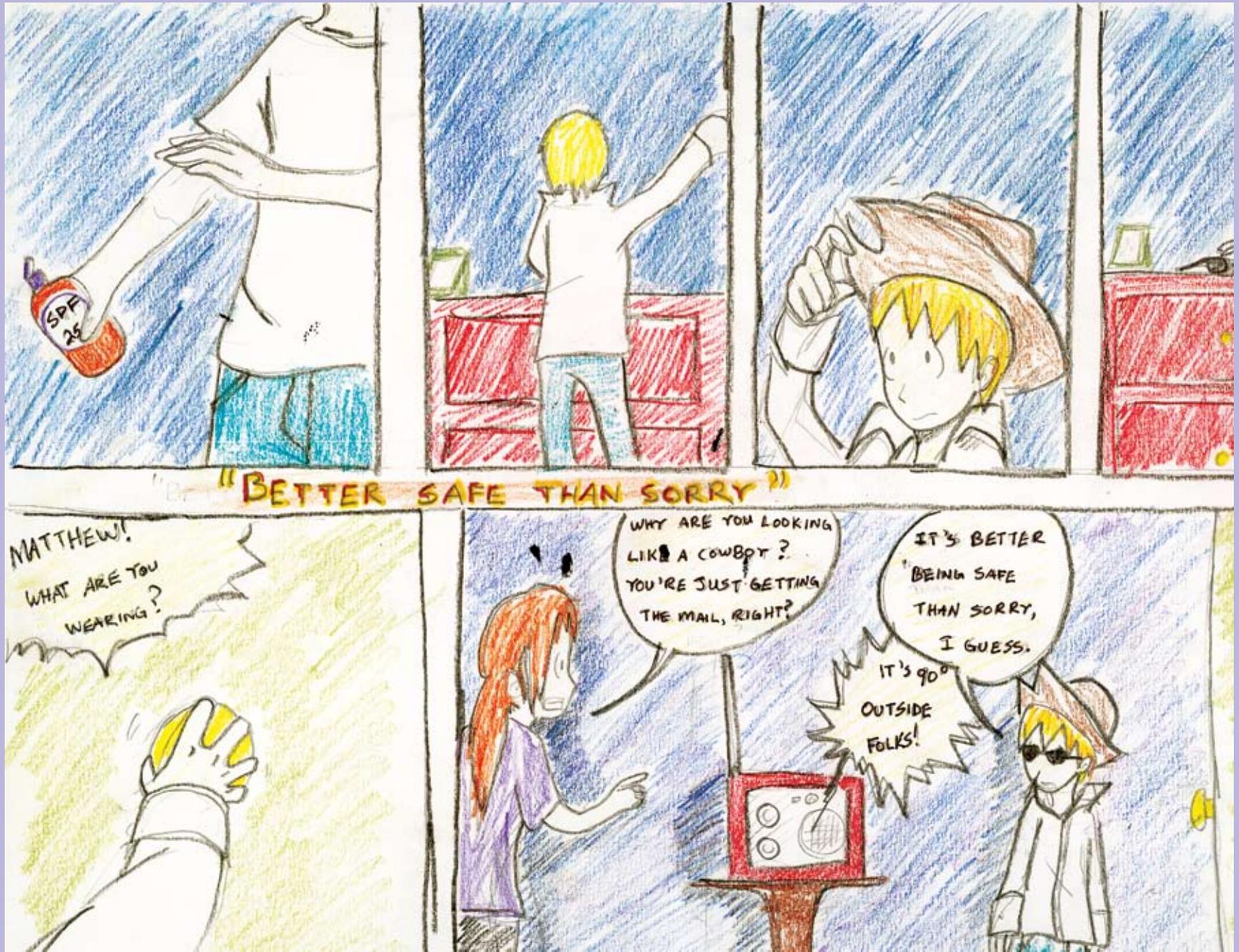
Samantha, 7th Grade Winner
Holland Middle School, Holland, NY

| S | M | T | September | Th | F | Sa |
|----|----------------|----|-----------|----|--|----|
| 29 | 30 | 31 | 1 | 2 | 3 | 4 |
| 5 | 6 Labor Day | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | Sun Tip! Cover up with clothing to protect exposed skin. | |



Lily, 6th Grade Honorable Mention
Wantagh Middle School, Wantagh, NY

| S | M | T | W | Th | October | Sa |
|-----------------|--------------------|----|----|--|---------|----|
| 26 | 27 | 28 | 29 | 30 Sun Tip! Seek shade during peak hours. | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 Columbus Day | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 Halloween | | | | | | |



Benjamin, 8th Grade Honorable Mention
St. Mary School, Bronx, NY

S November

T

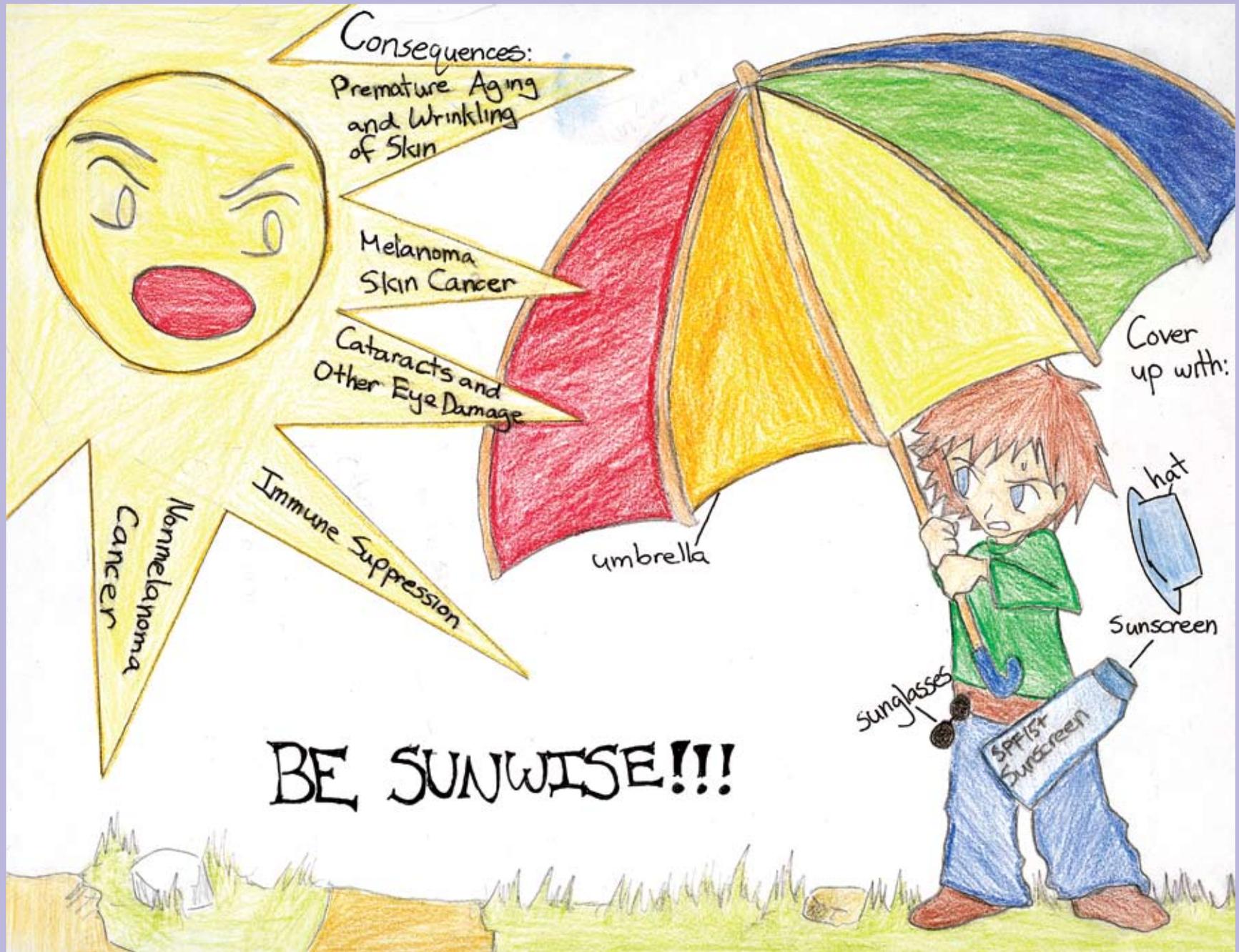
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Th

F

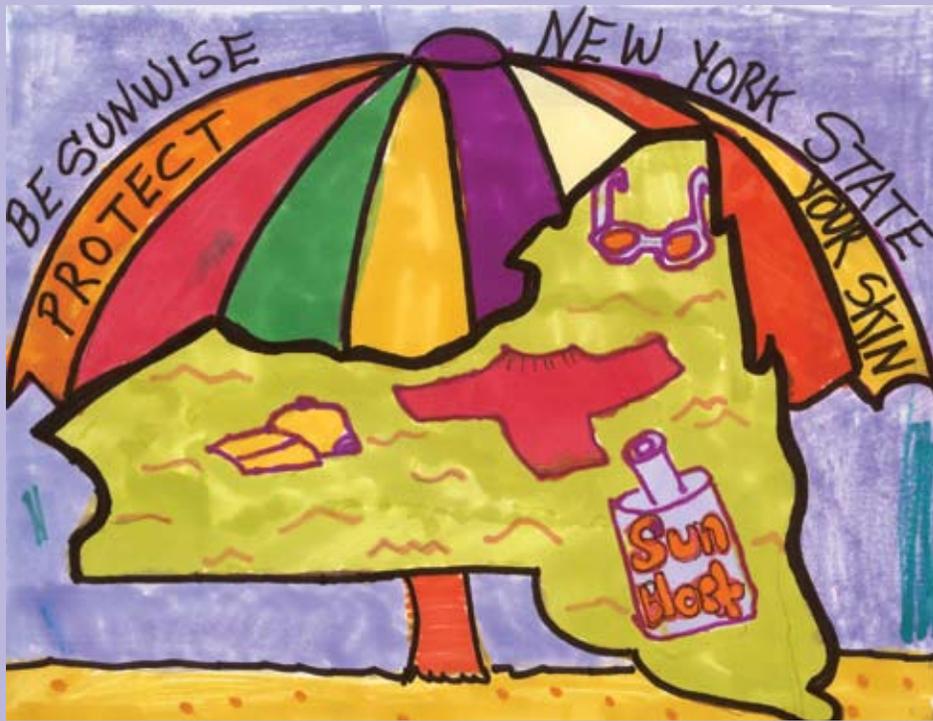
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| | | | | | | |
|----|----|--------------|---|--------------|----|----|
| 31 | 1 | 2 | 3 | 4 | 5 | 6 |
| | | Election Day | | | | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| | | | | | | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| | | | | | | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| | | | | Thanksgiving | | |
| 28 | 29 | 30 | 1 | 2 | 3 | 4 |
| | | | Sun Tip! Avoid sun lamps and tanning beds. | | | |



Isa, 8th Grade Honorable Mention
Flushing Christian School, Flushing, NY

| S | M | T | December | | Th | F | Sa |
|----|--|----|----------|----|----|---------------|----|
| 28 | 29 Sun Tip! Watch for the UV Index – a forecast of UV intensity. | 30 | 1 | 2 | 3 | 4 | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 | |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 | |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 | |
| 26 | 27 | 28 | 29 | 30 | 31 | Christmas Day | 1 |



Sohail, 5th Grade Honorable Mention
P.S. 179, Brooklyn, NY



Jessica, 7th Grade Honorable Mention
Clarence Middle School, Clarence NY



State of New York
Department of Health