



Save the Skin
Your Child
is In!

...Help Prevent
Skin Cancer

Did you know...

Skin Cancer is the most commonly diagnosed cancer in the United States. The biggest risk for skin cancer is unprotected exposure to the sun during childhood.

Most skin cancer is preventable. Take these simple steps to protect your children:



- **Limit the amount of time they spend in the sun, especially between 10 am and 4 pm.**
- **Use sunscreen with an SPF of 15 or higher.**
- **Dress them in wide-brimmed hats, long-sleeved shirts, long shorts and pants and sunglasses.**
- **Place them in the shade or under an umbrella whenever possible.**



State of New York
George E. Pataki, Governor

Department of Health

Antonia C. Novello, M.D., M.P.H., Dr. P.H., Commissioner

For more information call: **1-800-522-5006**

NEW YORK STATE DEPARTMENT OF HEALTH