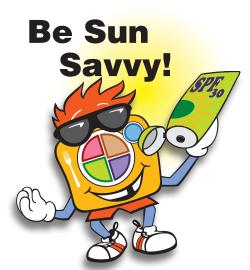


- Limit exposure during the sun's peak hours, between 10 a.m. and 4 p.m.
- Always apply sunscreen of SPF 30 or higher before going outside and reapply every two hours.
- Don't burn! Even one sunburn greatly increases your chance for skin cancer.
- No tan is a safe tan.
 Ultraviolet rays are the
 No. 1 cause of skin cancer.
- Everyone needs protection! Hats, protective clothing and shade is for everyone. People 6 months old to the very elderly need to use sun screen.

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