



STATE OF ALABAMA DEPARTMENT OF
PUBLIC HEALTH

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State Health Officer

SUN PROTECTION 60-SEC PSA
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This is State Health Officer, Doctor Don Williamson. Summer's here and that means fun in the sun... but I want to remind you about the dangers of too much sun exposure.

Skin cancer is the most common form of cancer in the United States – it affects all races, all genders and all generations. Experts believe that four out of five cases of skin cancer could be prevented since damage from the sun's harmful ultraviolet rays is mostly avoidable.

So no matter where you are – the beach, the golf course, the race track or even just your yard – take a few seconds to protect yourself from the sun. Wear protective clothing like hats and long sleeves. Try to stay out of the sun as much as possible between 10 AM and 4 PM – when the sun's UV rays are the strongest. And put on sunscreen repeatedly throughout the day. Remember – your skin can still be affected by the sun's rays even when it's cloudy.

Just a few seconds of prevention can greatly reduce your chances of getting skin cancer!

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