

Sun Safety Is Made in the Shade



Watch the clock. Avoid the sun as much as possible between 10:00 a.m. and 3:00 p.m.

Use sunblock. Apply sunscreen 30 minutes before you go outside.

Slip on a shirt & slap on a hat. Long-sleeved cotton clothing and hats with 3" brims protect the best.

Look for signs that your skin's been zapped! Check your skin often to avoid sunburn.

For more information, visit: <http://fcs.tamu.edu>.



Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information, or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

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Skin Cancer: Are You at Risk?

Skin cancer is often called a silent killer because people are not aware that they have it until it is too late to do anything about it. Many factors contribute to your risk of developing skin cancer. Answer the questions below and add up your score to determine your risk of developing skin cancer.

1. Your natural hair color is (blonde/red = 4; brown = 3; black = 1) _____
2. Your eyes are (blue/green = 4; hazel = 3; brown = 2) _____
3. You have (many = 5; some = 3; none = 1) freckles _____
4. You spend most of your time (outdoors = 4; mixed = 3; indoors = 2) _____
5. After 1 hour in the sun, you (burn/blister = 4; burn/tan = 3; tan = 1) _____
6. Before age 18, you lived in the (southern = 4; midwestern = 3; northern = 2) U.S. _____
7. You have a blood relative who has had skin cancer (yes = 5; no = 1) _____

Total _____

10-15 = below average risk; 16-22 = average risk; 23-25 = high risk; 26-30 = very high risk

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