

"Even on cloudy days,
up to 80% of the sun's
harmful UV rays can penetrate
your skin" (AAD).

SPF of 30 or higher is
recommended by
dermatologists

Overexposure
to the sun
causes close to
90% of melanoma
skin cancer

The sun
gives off harmful
ultraviolet rays



UV rays
damage
skin and
can cause
skin cancer

