

**SURF'S UP!
SUN'S OUT!**



Surfer: Dillon Perillo. Photo provided by Rip Curl.

**SURF
SUN SAFE!**

SURF SUN SAFE!

As a surfer, you're constantly exposed to the sun's ultra violet (UV) rays—long sessions, poor protection, and magnified UV rays—putting you at high risk for skin damage and possible skin cancer.

BY THE NUMBERS

- #1** Skin cancer is the #1 cancer in California, exceeding breast, lung, prostate, and colon cancers combined.
- 20%** One in five people eventually develop skin cancer—even those with darker skin tones.
- 50%** How much UV rays are magnified from water reflection; 25% from white-water.
- 80%** The proportion of UV rays that easily penetrate clouds, and are most intense from 10am to 4pm, April through September.
- 90%** The percentage of all skin cancer caused by the sun's UV rays.
- 100%** The amount of UV rays that are dangerous, just like tobacco smoke and asbestos.

KNOW YOUR ABC'S!

The best defense against skin cancer is early detection. Perform the "ABCDE" self-exam of moles and marks at least once a month. Here's what to look for:

- A** **ASYMMETRY:** one half of a mole that doesn't match the other half
 - B** **BORDER:** a mole edge that is irregular, ragged, blurred, or notched
 - C** **COLOR:** not the same throughout
 - D** **DIAMETER:** larger than a pencil eraser
 - E** **EVOLUTION:** growing or changing shape or color
- ☀ Contact your doctor if you find anything suspicious.
 - ☀ Get checked by your doctor at least once a year.

DO THE ROUTINE



- ☑ Check the daily weather report for the UV Index or use the QR code to download the app on your phone at www.epa.gov/enviro/mobile/.
- ☑ Wear sun-protective gear:
 - ☀ A long sleeve wetsuit or rashguard with long boardshorts
 - ☀ A wide brim hat (if possible)
- ☑ Apply one ounce (a shot glass) of sunscreen or sunblock to all exposed areas (forehead, ears, back of hands, neck, lower legs, feet AND bald spots)—not just your nose:
 - ☀ 15 min before entering the water
 - ☀ Even when it's cloudy, AND
 - ☀ Re-apply every 40 to 80 minutes
- ☑ Choose sunscreen or sunblock and lip balm that offer:
 - ☀ Broad spectrum UVA/UVB protection
 - ☀ A SPF of 30 or greater
 - ☀ Water-resistance
 - ☀ Zinc Oxide or Z-Cote
 - ☀ Sunscreen for sports to reduce eye irritation

REMEMBER:

PROTECT THE SKIN YOU'RE IN

EACH AND EVERY TIME YOU GO SURFING.

For additional sun safety information and resources, visit

www.AvoidSkinCancer.com



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