



BE SUN SMART!!!

AVOID SUN EXPOSURE

when possible during Peak Hours.

WEAR SUN PROTECTIVE CLOTHING

Wide-brimmed hat, sunglasses, etc.

APPLY AND RE-APPLY SUN BLOCK FREQUENTLY

The appropriate sunscreens are available in the clinics or online at TheDermaShop.com

- ☀ **For UVA protection (90+% of sun rays) look for:**
1 of 3 active ingredients: Zinc Oxide, Titanium Dioxide, or Avobenzone
- ☀ **For UVB protection (5+% of sun rays) look for:**
SPF 30 or higher

PERFORM MONTHLY SELF-SKIN EXAM

Schedule Annual Full Body Skin Exam with the Skin Experts at
DermaHealth Dermatology & Dermasurgery

1305 Fowler St.

Richland, WA 99352

DermaCare (509) 783-5050 DermaHealth (509) 783-2004

DermaCareTriCities.com TheDermaShop.com DermaHealthDerm.com