



*Maryland Youth...*

*SunGuard Your Skin<sup>SM</sup>*

*on the Playing Fields!*



**SunGuard Man says –**

- Limit direct sun between 10 a.m. and 4 p.m.
- Use Sunscreen, SPF 15 or higher, and reapply often
- Wear protective clothing, hats, and sunglasses
- Avoid using tanning beds



The Coalition for Skin Cancer  
Prevention in Maryland

[www.sunguardman.org](http://www.sunguardman.org)

1-800-492-1056, ext. 340

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