

An Ounce of Protection is Worth a Pound of Cure PSA (:60)

[Woman] This weather is amazing! I love being outside!

[Man] Last time I mowed the lawn, I got burned.

[Woman] Ouch. You've got to watch out for too much sun. Anytime you tan or burn you've increased your risk of skin cancer.

[Man] What are you talking about?

[Woman] Anytime your skin changes color after sun exposure, you've increased your risk of skin cancer.

[Man] Really?

[Woman] Yes. The next time you're out, plan ahead. Wear long sleeves if you can, or at least a shirt. Then use a broad-spectrum sunscreen of SPF 15 or higher anywhere that's not covered. And don't forget a wide-brimmed hat!

[Man] A wide brimmed hat? Seriously?!

[Woman] Yeah, it will keep the sun off your ears and neck. But if you do wear a ball cap, make sure you've got sunscreen on exposed skin.

[Man] Okay, now I know. I'll start planning to protect my skin every time I'm outside.

[Announcer] Learn more at cdc.gov/cancer.