



# SUN SAFETY TIPS

## Crucial Catch

The NFL and the American Cancer Society have teamed up to fight cancer and save lives. The Crucial Catch initiative promotes prevention and early detection of cancer, which can impact anyone at any age, and raises funds to increase access to lifesaving cancer screenings. Since 2009, Crucial Catch has raised more than \$30 million and impacted over 1 million people in communities that need it most. Money raised through Crucial Catch supports the American Cancer Society Community Health Advocates implementing Nationwide Grants for Empowerment and Equity (CHANGE) program, which promotes health equity and addresses cancer early-detection disparities.



## Sun Safety

As you enjoy watching your favorite team practice for the upcoming season, make a Crucial Catch for yourself by following these sun safety tips from the American Cancer Society to help reduce your cancer risk:

**Cover Up:** When you are out in the sun, wear clothing and a wide-brimmed hat to protect as much skin as possible. Protect your eyes with sunglasses that block at least 99% of UV light.

**Lather Up:** Use a broad-spectrum sunscreen with an SPF of 30 or higher. Reapply at least every 2 hours, as well as after swimming or sweating.

**Be Shady:** Seek shade to limit your direct exposure to the sun, especially between 10 a.m. and 4 p.m., when UV rays are strongest.

**Ditch Devices:** Avoid tanning beds and sunlamps. Both can cause serious long-term skin damage and contribute to skin cancer.

### Prevention Methods



Wear protective clothing/sunglasses.



Avoid sun at peak hours.



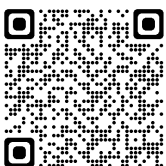
Apply sunscreen with SPF of 30+.



Seek shade.



Avoid sunbathing and tanning indoors.



To learn more about Crucial Catch, visit [NFL.com/crucialcatch](https://NFL.com/crucialcatch).

American Cancer Society | 1-800-227-2345