

## **Sun & Skin Cancer**

Being in the sun for a long time can cause your skin to burn. This means you have damaged your skin. The sun has UVA and UVB (ultraviolet A and ultraviolet B light) which can damage your DNA. Sometimes this causes the cells to become cancerous.

### **Prevent:**

1. Be wise about how much time you spend in the sun.
2. Put on sunscreen.
3. Careful with tanning beds – they use UVA and UVB too! They could cause cancer as well if you use too often (and burn)