

# GOOD HEALTH IS ACTIVE.



Beat the summer doldrums with a triple play of sunshine, fresh air, and exercise. And be sure to use plenty of sunscreen to avoid sunburn and reduce your risk of skin cancer.

## SUN SAFETY

Skin cancer is the most common type of cancer in the United States. For healthier skin now and in the future, learn how to play it safe in the sun. For the good of your health, know the risks related to sunburn, understand how ultraviolet (UV) rays work, and find out how to choose the right sun protection factor (SPF). And of course, always watch for changes in your skin. Go to [kp.org/sunscreen](https://kp.org/sunscreen) for more sun safety tips.

[Click to visit kp.org/sunscreen](https://kp.org/sunscreen)

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