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a sunburn in 2025

with Gen Z reporting
the most severe burns

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12% reduced enjoyment
of vacation



18% avoiding photos

26% feelings
of embarrassment



19% sleep disruption

38%
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zzzzzz

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Reduce your risk of skin cancer

Skin cancer can have a serious impact on overall health, making prevention and early detection critical. Some recommended tips to reduce your risk of skin cancer are:



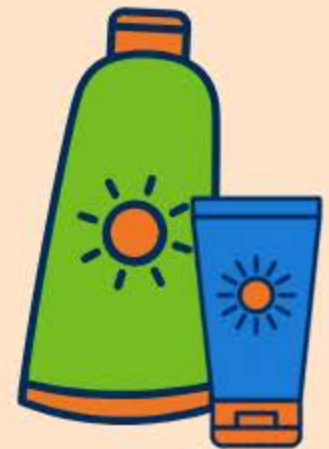
Seek shade

The sun's rays are strongest between 10 a.m. and 2 p.m. If your shadow is shorter than you are, seek shade.



Wear sun-protective clothing

Choose lightweight and long-sleeved shirts, pants, wide-brimmed hats, and sunglasses with UV protection, when possible. For more effective protection, select clothing with an ultraviolet protection factor (UPF) label.



Apply sunscreen

Apply a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher.



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AAD

