

SCREEN

THE SUN

Too much fun in the sun can be harmful, especially to our skin. Without protection, the sun's ultraviolet **A and B rays** can damage the skin allowing sunburn, premature aging and skin cancer to occur.

The skin does carry a natural sunblocker called **melanin**. The darker your skin is, the more melanin you have, and the easier it is for you to protect yourself against the sun. People with lighter skin are less protected. **No matter what skin tone you have, don't forget the sunblock.**

