



# May 2018 is Skin Cancer Awareness Month

## Interactive Sun Safety and Facts Calendar with Events



★ Please click assigned dates for links to cancer awareness and better health! ★

Please join our efforts to reduce skin cancer, attend a screening in May.

If you would like to locate additional skin cancer screenings being held in June, July and August contact:

[ytalbot@co.somerset.nj.us](mailto:ytalbot@co.somerset.nj.us)

### Melanoma Monday!

Somerset County declares May skin cancer awareness month.



★ 1

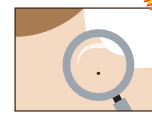
Minimize daily sun exposure from 10 a.m. – 4 p.m.



2

### Skin cancer screening today!

Rockaway Borough residents only. To register, call 973-989-7050



6-8PM

3

"A base tan" is not a safe tan. Indoor tanning is NOT safe.



★ 4

Check expiration date on sunscreen! YES, they do expire!



5

Apply sun screen 30 minutes before exposure and reapply often, possibly hourly.



6

### FREE Skin cancer screening today!

To register, call 908-237-5445 held at Hunterdon Regional Cancer Center, 2100 Wescott Drive, Flemington NJ 08822



5-7PM

7

### FREE Skin cancer screening today!

Memorial Sloan Kettering Cancer Center, Basking Ridge. To register, call 908-542-3396



9AM - 3PM

8

### FREE Skin cancer screening today!

To register, call 908-237-5445 held at Hunterdon Regional Cancer Center, 2100 Wescott Drive, Flemington NJ 08822

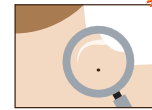


5-7PM

9

### Skin cancer screening today!

Randolph residents only. To register, call 973-989-7050



6-8PM

10

Do you get enough Vitamin D? **FACT:** The body makes vitamin D when the skin is exposed to the sun; vitamin D supports your immune system and helps keep your colon healthy.

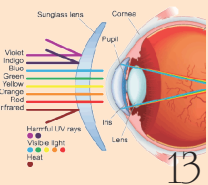
11

Don a protective hat, especially while gardening or doing routine activities.



12

Always choose sunglasses that are labeled as blocking 99-100% UV rays.



13

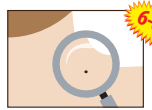
### Seek shade structures during peak sun hours.



14

### Skin Cancer screening today!

(& June 7) Jefferson Twp. residents only. To register, call 973-663-0700



6-8PM

15

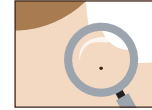
Wear protective clothing and choose those items with an SPF.



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### Skin cancer screening today!

Rockaway Twp. residents only. To register, call 973-983-2848



6-8PM

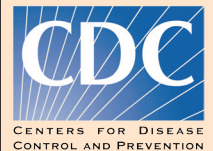
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Be creative and keep umbrellas around not just for rain.



18

Skin cancer screening recommendations:



★ 19

**FACT:** Skin cancer affects people of all colors and races, although those with light skin who sunburn easily have a higher risk.



★ 20

Skin cancer quick facts from the Joseph Enright Foundation:



★ 21

**FACT:** Skin cancer is a growing epidemic in America.



★ 22

Have you or someone else been diagnosed with cancer? Cancer Support Community of Central NJ has Free resources and support for you and family members.



★ 23

### Take a skin cancer safety quiz!



★ 24

Today starts Memorial Day Weekend, now called "Don't Fry Day"



★ 25

**SPF.** Sunscreens are assigned a sun protection factor (SPF) number that rates their effectiveness in blocking UV rays.

Use a broad spectrum sunscreen with at least SPF 30.

★ 26

Become **SUNWISE** and see what you can do in your community and schools.



★ 27

**Happy Memorial Day!** Be sun smart.



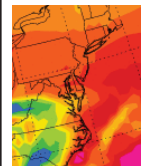
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Become Enright Sun Safety Certified™



★ 29

**Know what your UV index is?** Get your UV Index anytime.



★ 30

Join our efforts to reduce skin cancer or locate additional skin cancer screenings all summer long, contact:



★ 31

**The Regional Morris & Somerset County CHRONIC DISEASE & CANCER COALITION**

**Early Detection Best Protection**

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