

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



Rick Scott
Governor

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State Surgeon General & Secretary

Vision: To be the Healthiest State in the Nation

FOR IMMEDIATE RELEASE

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**FLORIDA DEPARTMENT OF HEALTH IN DUVAL COUNTY
PROMOTES SUN SAFETY THIS HOLIDAY WEEKEND**

JACKSONVILLE – May is Melanoma/Skin Cancer Detection and Prevention Month and the Florida Department of Health in Duval County (DOH-Duval) urges residents and visitors to practice sun safety while enjoying outdoor activities this Memorial Day weekend.

In Florida, it is estimated there will be approximately 5,480 new melanomas diagnosed and 820 deaths due to melanoma in 2015. The number of Americans who have had skin cancer at some point in the last three decades is estimated to be higher than the number for all other cancers combined.

Skin cancer is defined as cancer that forms in the tissues of the skin, and melanoma, the deadliest kind of skin cancer, is caused by too much exposure to sunlight (ultraviolet radiation). It is estimated that one in five people will develop skin cancer in their lifetime. Although melanomas account for only a small percentage of skin cancer, they are more likely than other types of skin cancer to spread to other parts of the body and account for more than 9,700 of the nearly 13,000 skin cancer deaths each year, according to the American Cancer Society.

This holiday weekend, lower your skin cancer risk, protect your skin from the sun and avoid indoor tanning. DOH-Duval recommends these easy options—

- Stay in the shade, especially during midday hours.
- Wear clothing that covers your arms and legs.
- Wear sunglasses that block both UVA and UVB rays.
- Use sunscreen with SPF 15 or higher and both UVA and UVB protection.
- Avoid indoor tanning.

To learn more about the project and tips for staying safe in the sun visit: www.floridahealth.gov/sunsup.

The DOH-Duval works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts. The department is recognizing 125 years of public health in Florida with educational opportunities and events. Please visit www.flhealth125.gov for more information.

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Florida Department of Health in Duval County

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