

# Avoid the Sun

## The Good Ol' Shadow Rule:

UV rays are the strongest when your shadow is shorter than you are.

- Avoid the sun between 11 a.m. and 2 p.m.
- Find shade — a tree, shelter
- Make shade — put up an umbrella

## THE INTERDISCIPLINARY MELANOMA CLINIC



[cancer.dartmouth.edu/melanoma](http://cancer.dartmouth.edu/melanoma)



For an annual skin check with a dermatologist, call (603) 650-3100.