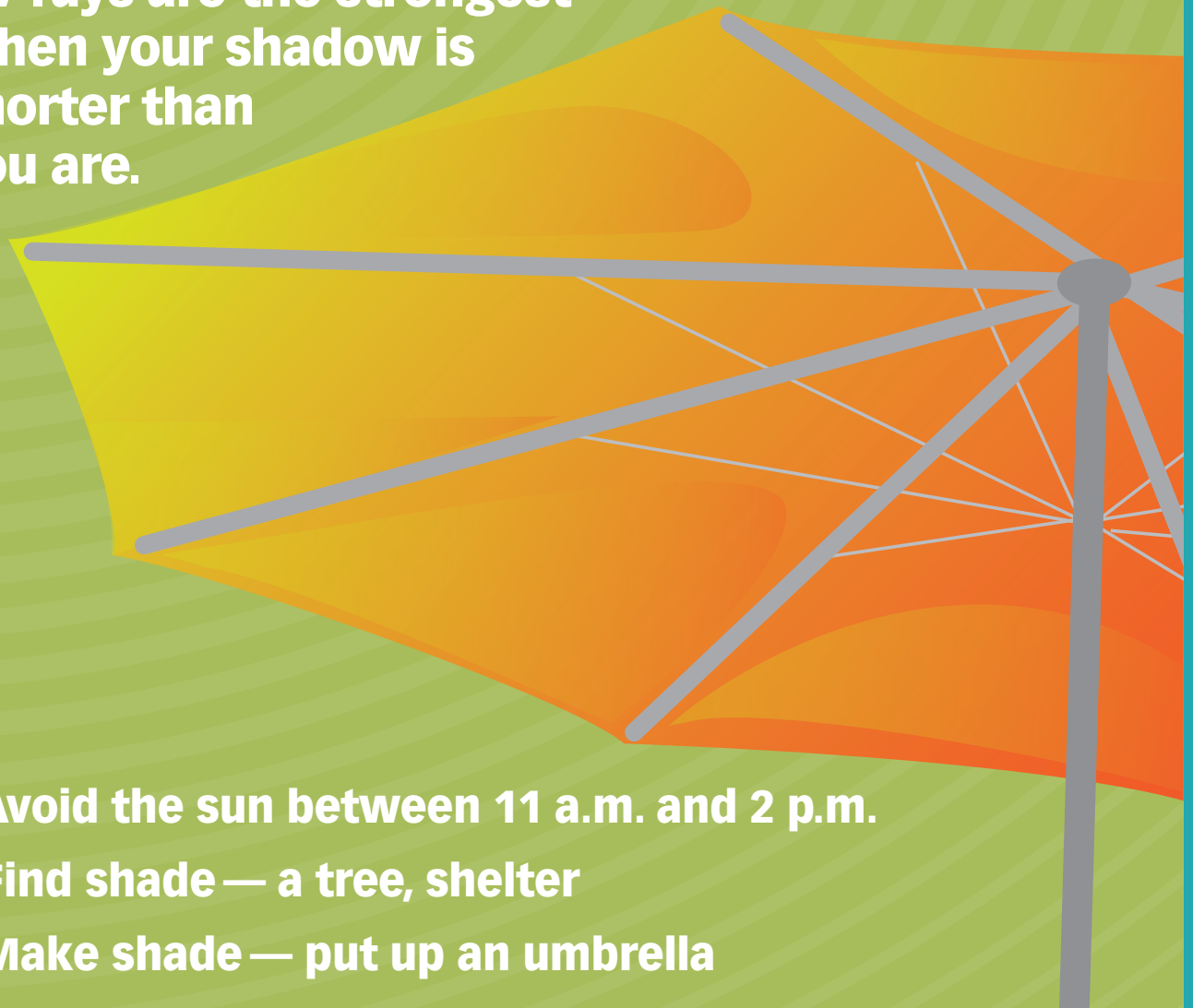


Avoid the Sun

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



Dartmouth-Hitchcock
NORRIS COTTON
CANCER CENTER

cancer.dartmouth.edu/melanoma



Dartmouth-Hitchcock
MEDICAL CENTER

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