



**1** in **5**

Americans will develop  
**skin cancer** in their lifetime

**Heat stroke**

is a leading cause of  
**sudden death** in sports

- 1. Apply Sunscreen Every 2 HOURS**
- 2. Avoid Tanning and Stay in the Shade**
- 3. Drink Water Often!**

**Resources:** <https://www.aad.org/media/stats/conditions/skin-cancer>  
<http://healthresearchfunding.org/17-shocking-heat-exhaustion-statistics/>

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