

3 or more summers
having
an outdoor job
as a teenager

Having a
noticeably
enlarging mole

Going outside
at noon without
sun protection

Having 6 or more
blistering sunburns
under age 18

Having
more than 50 moles
on your body
under the age of 18

Being a
fair-skinned,
blue-eyed,
redhead

Applying
sunscreen once while
outside
for 4 hours

Using
bronzer
makeup

Using

indoor tanning beds

Wearing wraparound
100% UV protected
sunglasses outside

Reapplying

sunscreen

every 1-2 hours

Using self tanner
(dihydroxyacetone)

Wearing

a baseball cap

in the sun

Swimming while
wearing a t-shirt
and no sunscreen

Walking outside
in the winter
without sunscreen

Having
dark brown skin,
black hair,
dark brown eyes

Going outside

after 5 PM without

sun protection

Using sunblock

with

SPF 30 or higher