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## NEWS RELEASE

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### **The North Dakota Department of Health Observes “Don’t Fry Day” on May 27, 2016**

BISMARCK, N.D. – May is National Melanoma Awareness Month, and Friday, May 27, is National “Don’t Fry Day.”

Skin cancer affects one in five Americans in their lifetime and accounts for more new cases each year than breast, prostate, lung, and colon cancer combined. Over 10,000 people die annually in the United States from melanoma.

“Don’t Fry Day,” kicks off a long holiday weekend that is typically celebrated with parades and other outdoor events. The NDDoH encourages people to use protective measures this weekend and every day to prevent melanoma and other skin cancers.

There are several steps that people can take to increase skin safety. “Simple measures go a long way in the prevention of skin cancer. Wear a wide brimmed hat, sunglasses, and sunscreen with SPF of 30 or higher to protect you and your loved ones from the harmful effects of UV light. Together we can prevent skin cancer,” said Patricia Ness, a member of the ND UV Workgroup.

People can also seek shade during peak hours of 10 a.m. and 4 p.m. and wear other protective clothing such as pants and long sleeve shirts. Sunscreen should also be applied every two hours spent outdoors. This summer and year-round, protect yourself and your children from the sun and the preventable cancer overexposure can cause.

For more information, contact Janna Pastir at 701.328.3046.

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