

Patient First[®]

PROTECT YOUR SKIN MEMORIAL DAY WEEKEND

Skin Cancer Awareness Month

Memorial Day weekend marks the unofficial start of summer. As temperatures rise and outdoor activities increase do not forget sun safety awareness over the holiday and throughout the year.

May is Skin Cancer Awareness Month. Whether you head to the beach or the backyard, protect your family from the sun's damaging ultraviolet (UV) rays. Patient First physicians have these suggestions to save your skin:

- Always use a broad spectrum sunscreen with a minimum of 30 SPF, even when it's cloudy. Apply sunscreen 15 to 20 minutes before going outside.
- Wide-brimmed hats help shade your neck and face but do not offer complete protection. Use sunscreen on these sensitive areas.
- Wear light-weight sun-protective clothing. Long sleeves and long pants also protect the skin.
- Wear sunglasses that block UV rays.

Sun damage accumulates and occurs even when you are not actively trying to soak up a few rays. Whether you are walking the dog or mowing the lawn, sun damage adds up over time. Newborns and children are especially sensitive to the sun's rays. Protecting their skin is crucial.

Family cookouts are a Memorial Day tradition. Keep everyone safe when you fire up the grill. Remember these precautions:

- Keep children and pets away. Establish a 3-foot "Kid Free Zone" around your grill.
- Use your grill outdoors only. Keep it away from your home, deck furniture and overhanging branches that might catch fire.
- Remove grease or fat from the grill tray so it does not flame up.
- Never leave the grill unattended.
- Grilling and drinking alcohol don't mix.

All Patient First Medical Centers are open from 8 am until 10 pm on Memorial Day and every day of the year. Patient First doctors are available to discuss these and other sun safety tips. Contact Brooke Waller at 571-340-1594 or brooke.waller@patientfirst.com for interviews.

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About Patient First

All Patient First Medical Centers are open 8 am to 10 pm every day of the year, including holidays. Patient First provides non-appointment urgent care for routine injuries and illnesses, as well as primary care for patients who do not have a regular physician. Each Patient First center has on-site digital x-ray, on-site laboratory, and on-site prescription drugs. Patient First currently operates medical centers in Virginia, Maryland, Pennsylvania, and New Jersey.

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