

SPF Protection Kits

SPF Protection Kits will be distributed to Capital Region organizations working with marginalized populations; these community members often face barriers to acquiring sun-protective items and may be more at risk of (1) exposure to harmful UV rays and (2) have significant issues with accessing essential health care, including routine screening for skin cancer.



Premium Shift Activity: Create SPF Awareness Card Packs

Each volunteer will create several small packs of SPF / Skin Cancer Awareness cards to include in the SPF Awareness Kits.

- Take 10 3x5 Index Cards
- Using a pen / marker, write the following information (Do NOT include “Card 1, Card 2, etc.” on the cards!):

Card 1: 1 in 5 Americans will develop skin cancer by the age of 70.

Card 2: When detected early, the 5-year survival rate for melanoma (a type of skin cancer) is 99%.

Card 3: More people are diagnosed with skin cancer each year in the United States than all other cancers combined.

Card 4: Having 5 or more sunburns doubles your risk for melanoma (a type of skin cancer).

Card 5: Some people are more prone to getting a sunburn, but ANYONE can get skin cancer.

Card 6: You can protect yourself from the harmful effects of the sun by wearing sunscreen as directed, wearing a wide-brim hat, and taking shade breaks.

Card 7: An estimated 80% of skin aging is caused by the sun.

Card 8: Regular daily use of sunscreen reduces the risk of developing melanoma (a type of skin cancer) by 50%.

Card 9: Skin cancer is serious.

Card 10: Around 4,500 New York State residents are diagnosed with skin cancer each year, and about 350 New Yorkers die from skin cancer each year.

When you have completed a full set of cards, clip them together with a paper clip and place them in the plastic container in the activity box.

Feel free to make as many sets as you like! The card sets will be included in the SPF Kits that were assembled this past week at our other 1 For Good events.

Please note: Don't forget to enter your Regeneron email address and amount of time you worked on this activity on the roster in the activity box.