



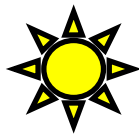
Fort Riley Public Health Department

“Protecting the Health of Our Community”

Public Health Newsletter
MAY 2026

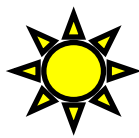


5 tips to reduce your risk for developing skin cancer:



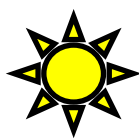
Practice Safe Sun.

- * Seek Shade
- * Wear sun-protective clothing
- * Apply sunscreen every time before going outdoors (broad-spectrum, SPF 30 or higher, and water resistant)



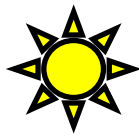
Reapply sunscreen.

- * Every 2 hours
- * After sweating
- * After swimming
- * After toweling off



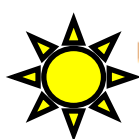
Forget about indoor tanning.

- * Indoor tanning devices include tanning beds, sun lamps, and tanning bulbs. All give off harmful ultraviolet (UV) rays.
- * Evidence from many studies has shown that using indoor tanning devices can increase the risk of developing skin cancers.



Skip getting a base tan, as it cannot prevent sunburn.

- * Tanning is not a safe way to protect your skin from sunburn. Every time you tan, you damage your skin. As the damage builds up, you increase your risk of developing skin cancer.



Use a self-tanner if you like the look of a tan.

- * A self-tanner doesn't expose your skin to harmful UV rays. It also cannot protect your skin from harmful UV rays, so you want to continue to Practice Safe Sun

Contact Us:

Caldwell Clinic:
7665 Normandy Drive
785-239-7323
785-239-7042

Environmental Health:
785-239-7516

Industrial Hygiene:
785-239-4055

Occupational Health:
785-239-3592

Public Health Nursing:
785-239-7323

AFWC:
785-239-3950

Army Hearing Program:
785-239-3549

Scan this QR code to access trusted dermatology information, tips, and resources from the American Academy of Dermatology.



<https://www.aad.org/public>

Check out the upcoming Public Health Community Outreach Events:

Mental Health Awareness and Safety-5/4/2026 @16:30
Fort Riley Youth Center BLDG 5800

June- Family Fun and Fit Day 6/5/2026 0900-1200