

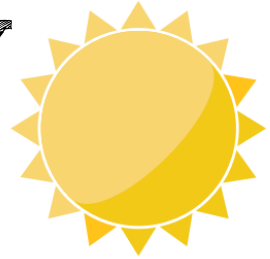


# UMRHN

UPPER MIDLANDS RURAL HEALTH NETWORK

July 2017

## GET SUNSCREEN SAVVY



***Skin cancer is the most common type of cancer.  
Reduce your risks by using these tips!***

Tip

Apply one ounce of sunscreen to body

Tip

Reapply sunscreen every two hours

Tip

Seek shade between 10 AM and 4 PM

Tip

Use clothing to cover up

Tip

Wear sunglasses

Tip

Avoid indoor tanning

### *UMRHN Community Members*

Catawba Community Mental Health Center • Chester County Representative • Chester County School District • Chester Healthcare Foundation • Chester Regional Medical Center • Eau Claire Cooperative Health Center • Fairfield County School District • Fairfield Memorial Hospital • Good Samaritan Medical Clinic • J. Marion Sims Foundation • John A. Martin Primary Health Care • Mid-Carolina AHEC • Midlands Technical College • North Central Family Medical Center • SC Department of Health and Environmental Control • SC Office of Rural Health • Springs Memorial Hospital • York Technical College

### The Good Samaritan Clinic

Member Highlight

**The Good Samaritan Clinic provides free primary healthcare for eligible residents of Chester County and SC counties without a free clinic, who cannot pay and have no health insurance of any kind. Contact them at 803-385-6332**