



# Skin Cancer Prevention Starts with You!

## Get the Facts About Skin Cancer



Skin cancer is the most common type of cancer in the U.S. and worldwide.



1 in 5 Americans will develop skin cancer by age 70.



Every hour, more than 2 people die of skin cancer.

If you catch skin cancer early enough, you can be A-OK.



Your risk for melanoma doubles if you've had more than 5 sunburns.



Regular daily use of SPF 15 or higher sunscreen reduces your risk of melanoma by 50%.



## 9 Ways You Can Protect Your Skin



1. **Seek the shade**, especially between 10 AM and 4 PM.

2. **Don't get sunburned.**

3. **Avoid tanning**, and never use UV tanning beds.



4. **Cover up with clothing**, including a broad-brimmed hat and UV-blocking sunglasses.

5. **Keep newborns out of the sun.** Use sunscreen on babies over the age of six months.

6. **Use a broad-spectrum (UVA/UVB) sunscreen** with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad-spectrum sunscreen with an SPF of 30 or higher.



7. **Apply 1 ounce of sunscreen** to your entire body 30 minutes before going outside. Reapply every two hours or after swimming or sweating.

8. **Examine your skin** head-to-toe every month.

9. **See a dermatologist** at least once a year for a professional skin exam.