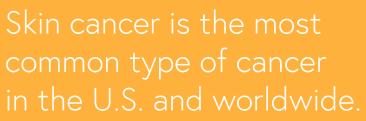


Skin Cancer Prevention Starts with You!

Get the Facts About Skin Cancer



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

skin cancer.

Every hour, more than 2 people die of

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

THE

BIG

SEE

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.

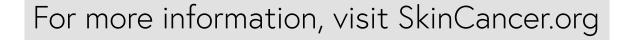
5. Keep newborns out of the sun. Use sunscreen on babies over the age of six months.

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.



©2021 The Skin Cancer Foundation

A 501(c)(3) nonprofit organization [EIN: 13-2948778]