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.

For more information, visit SkinCancer.org