

Skin cancer is the most common cancer in the United States. Most skin cancers are caused by too much exposure to ultraviolet (UV) rays. Sunlight is the main source of UV rays, but you don't have to avoid the sun completely. There are key steps you can take to protect yourself.

ANYONE CAN GET SKIN CANCER, BUT BE EXTRA CAREFUL IF YOU ...

- have natural blond or red hair
- · have freckles
- · are fair skinned
- · spend a lot of time outdoors
- · have had skin cancer before
- · live in or travel to hot climates or high altitudes
- . take medications that make you sensitive to light
- . have had a lot of sunburns and burn before tanning
- . have a condition that lowers your immune system
- · have a family history of skin cancer, especially melanoma
- have a lot of moles, or large or irregularly shaped moles (see cancer.org/moles)

PROTECTING YOURSELF IS VITAL

Sunscreen
WHAT TO LOOK FOR
BROAD SPECTRUM

Protects against both UVA and UVB rays

SPF 30

EXPIRATION DATE Lasts 2 to 3 years how to apply it

1 ounce (about a paimful) should be used to cover the arms, legs, neck, and face.

Don't forget your ears, hands, feet, and underarms.

Reapply at least every 2 hours. More often if you're in and out of water or sweating.





WEAR SUNGLASSES WEAR A HAT

SPF 30 BLOCKS 97% OF UVB RAYS

COVER UP WITH CLOTHING



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