



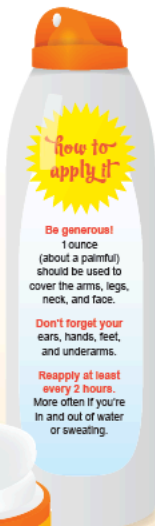
## PROTECT YOURSELF WHEN YOU'RE IN THE SUN

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](http://cancer.org/moles))

### PROTECTING YOURSELF IS VITAL



DITCH TANNING BEDS OR LAMPS

WEAR SUNGLASSES



WEAR A HAT



COVER UP  
WITH CLOTHING

