



# Prevent Skin Cancer

Skin cancer is the most common cancer in the U.S. Recurrent exposure to ultraviolet (UV) radiation from the sun is the main cause.

## BEST PROTECTION

1. Slip on a shirt. Cover exposed skin areas.
2. Slop on broad-spectrum sunscreen. Use one with a broad-spectrum sun protection factor (SPF) of 30 or higher. Follow directions on the label. Re-apply after 2 hours or after swimming, sweating, or toweling off.
3. Put on a hat. Wear one that has a 2-3 inch brim all the way around.
4. Wear sunglasses that block both UVA and UVB rays to protect your eyes and sensitive skin around them.

## SUN SAFETY TIPS

- Limit time you are in the sun.
- Try to avoid exposure midday sun (10:00 a.m. - 4:00 p.m. standard time; 11:00-5:00 p.m. daylight saving time).
- Wear long sleeves and slacks made of lightweight material.
- Wear sun-protective clothing and swimwear.
- Sit in the shade or under a beach umbrella.

## ACTION STEP

Avoid sun lamps and tanning salons. These artificial sources of UV radiation can also cause skin cancer.

