



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.

