

# the facts about skin cancer

## Skin cancer

is the most common form of cancer in the United States and it is estimated that one in every five people will develop skin cancer in their lifetime. In fact, on average, one person will die of melanoma every hour. But there is good news... it is preventable.



## Practice Sun Safety

# Sun Safely



## 17 TIPS TO REDUCE YOUR RISK OF DEVELOPING SKIN CANCER

- 1 SEEK SHADE** especially between 10am and 4pm.
- 2 COVER UP** with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
- 3 APPLY SUNSCREEN**  
EVERY DAY Use a broad spectrum SPF 15+ sunscreen. FOR EXTENDED OUTDOOR EXPOSURE use SPF 30+. REAPPLY every 2 hours and after swimming, excessive sweating or toweling off.
- 4 AVOID SUN TANNING**
- 5 NEVER USE TANNING BEDS**
- 6 KEEP NEWBORNS OUT OF THE SUN**  
sunscreen should only be used on babies over 6 months.
- 7 Visit [TakeActionAgainstCancer.com](http://TakeActionAgainstCancer.com)** to learn more about how you can protect yourself and your loved ones from the risk of developing skin cancer.

take action *against cancer*  
...practice prevention.

GET THE FACTS. REDUCE THE RISK. SPREAD THE WORD.  
visit: [TakeActionAgainstCancer.com](http://TakeActionAgainstCancer.com)

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