

# Preventing Skin Cancer



You can help protect yourself and your family from skin cancer – the most common type of cancer. Limit your exposure to harmful UV rays all year-round.



## Stay out of direct sunlight.

Especially between 10 a.m. and 4 p.m.

## Wear protective clothing.

- ✓ Long-sleeved shirts and pants
- ✓ Sunglasses that block UV rays
- ✓ Wide-brimmed hat



## Cover up children, too.

They burn more easily. And babies younger than 6 months old should be kept out of direct sunlight.

## ✗ Avoid tanning beds or lamps.

These indoor tanning devices give off harmful UV rays.



## Use sunscreen and lip balm with SPF.

### What to look for:

- ✓ Broad spectrum
- ✓ SPF 30 or higher
- ✓ Not expired

### How to apply sunscreen:



Use about 1 ounce (a palmful) on exposed skin



Reapply every 2 hours



Reapply more often if swimming or sweating



For more information and support, visit the American Cancer Society website at [cancer.org/sunsafety](https://cancer.org/sunsafety) or call us at **1-800-227-2345**. We're here when you need us.