

Do You Use PROTECTION?

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Here's why you
should:



Current estimates are that **one in five** Americans will develop skin cancer in their lifetime.



Skin cancer is the most **common** cancer in the United States.



Approximately **9,500** people in the U.S. are diagnosed with skin cancer **daily**.

Even **one** blistering sunburn during childhood or adolescence can nearly **double** a person's chance of developing melanoma, the deadliest form of skin cancer, later in life.

Sadly, nearly 20 Americans die from melanoma every day.



UV exposure is the most preventable risk factor for all skin cancers.



Water, snow, and sand can reflect and intensify the sun's damaging rays.



Even on cloudy days, up to **80%** of the sun's UV rays can penetrate the clouds.

#PracticeSafeSun

Everyone is at risk for skin cancer – regardless of age, gender, or race. Your skin needs **protection** from the sun in order to **reduce** your risk of skin cancer. Follow these simple steps:



Dress to protect yourself from the sun by wearing a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses with UV protection. For more effective sun protection, select clothing with an ultraviolet protection factor (UPF) number on the label.



Seek shade, especially from 10 a.m. to 2 p.m. when the sun's rays are the strongest.



Apply a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher to all skin not covered by clothing. Remember to reapply every two hours or after swimming or sweating.

To learn more about skin cancer prevention and detection, talk to a board-certified dermatologist or visit SpotSkinCancer.org.