Do You Use PROTECTION?

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.