



### PREVENTION GUIDELINES

- Seek the shade, especially between 10am-4pm
- Do not burn
- Avoid tanning and UV tanning booths
- Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses
- Use sunscreen with UVA/UVB protection, with an SPF 15 or higher every day (even on cloudy days)
- Keep newborns out of the sun

### GET CHECKED!

- Examine your skin, head-to-toe, every month. Stand in front of a mirror and check every square inch.
- See your physician or dermatologist every year for a professional skin exam. Sooner if you see any suspicious moles or marks.

Download a free "Sun Safety Education Program" lesson at: <http://www.skincancer.org/prevention/education-program>

### SKIN CANCER FACTS

- **1 in 5** Americans will develop skin cancer
- **1 person dies** of melanoma every hour
- Regular use of SPF 15 or higher reduces risk of melanoma by 50%

### HOW MUCH SUNSCREEN??

- Apply 1 ounce (2 Tbsp.) of sunscreen to entire body 30 minutes before going outside. Reapply every 2 hours or immediately after swimming or excessive sweating.

### SKIN CHECKS—ABCD's

- **A—Asymmetrical Shape:** Melanoma is often irregular. Benign moles are usually symmetrical.
- **B—Border:** Melanoma usually has irregular, or uneven, borders.
- **C—Color:** Presence of more than one color may be a warning sign of melanoma.
- **D—Diameter:** Melanoma is often greater than 6 millimeters (about the size of a pencil eraser).

FOR MORE INFORMATION, CHECK OUT THESE WEBSITES:

<http://www.skincancer.org/>

<http://www.melanoma.org/understand-melanoma/diagnosing-melanoma/detection-screening/abcdes-melanoma?gclid=CM22ytTrwMwCFQyEaQod9EUI5A>