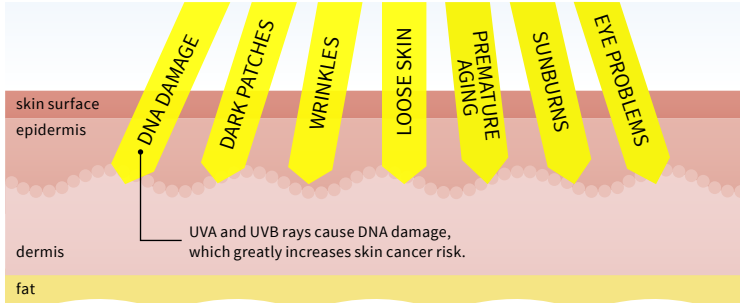




# PREVENTING SKIN CANCER

Skin cancer is the most common of all cancer types. More than 5 million skin cancers are diagnosed each year in the United States. That's more than all other cancers combined. Skin cancer rates have been on the rise over the past few decades. The good news is that you can do a lot to protect yourself and your family from skin cancer.

## UV RAYS FROM THE SUN CAUSE DNA DAMAGE, LEADING TO SKIN CANCER AND AGING



**SEEK SHADE**  
(especially 10 a.m.-4 p.m.)



DON'T USE TANNING BEDS OR LAMPS

WEAR SUNGLASSES

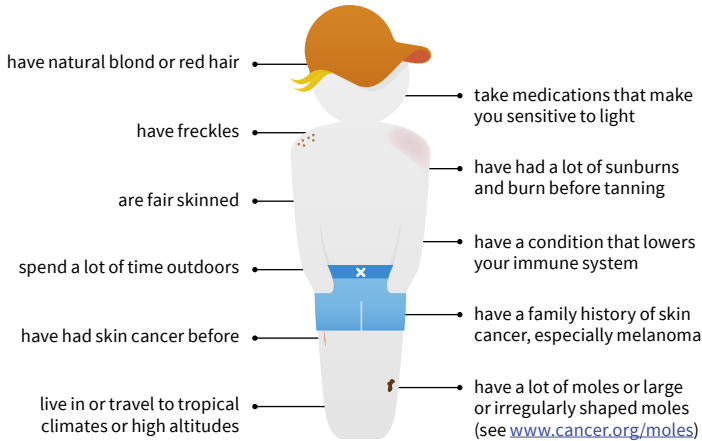


WEAR A HAT



COVER UP WITH CLOTHING

## ANYONE CAN GET SKIN CANCER, BUT BE EXTRA CAREFUL IF YOU ...



## USE SUNSCREEN



*how to apply it*

**Be generous!**  
1 ounce (about a palmful) should be used to cover the arms, legs, neck, and face.

**Don't forget your** ears, hands, feet, and under sides of arms.

**Reapply at least every 2 hours.**  
More often if you're in and out of water or sweating.

## PROTECT YOUR SKIN YEAR-ROUND

UV rays are around all the time, no matter what the season.



## COVER UP THE KIDDIES, TOO

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



TOGETHER, WE ARE STRONGER THAN CANCER.

The American Cancer Society is fighting cancer on all fronts. Our mission is to save lives, celebrate lives, and lead the fight for a world without cancer.

Learn More // [www.cancer.org/skincancer](http://www.cancer.org/skincancer)  
 Stay Protected // [www.cancer.org/sunsafety](http://www.cancer.org/sunsafety)  
 Detect Early // [www.cancer.org/skincancerimages](http://www.cancer.org/skincancerimages)  
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