



Sun Safety Practices

To Protect Yourself, Family, and Friends

Skin cancer is the most common form of cancer diagnosed in the United States. Each year, more than three million adults in the US are diagnosed with skin cancer. That means that one in five Americans will be diagnosed with a skin cancer in their lifetime. There are three main types of skin cancer: basal cell carcinoma, squamous cell carcinoma, and melanoma. While melanoma is the most deadly form, any skin cancer can spread if left untreated, leading to disfigurement and possibly death. For this reason, it's important to engage in protective, sun-safe behaviors, and to see a dermatologist regularly.

Skin cancer is preventable and easily detectable! Most cases of skin cancer happen because of overexposure to the harmful ultraviolet (UV) rays of the sun. By practicing the protective behaviors below, you can reduce your exposure to UV rays and lower your risk of developing skin cancer.



Limit time spent in the sun!

- The sun's rays are strongest between 10:00 a.m. and 4:00 p.m.
- When possible, avoid scheduling outdoor activities during this time.
- Seek shade when spending time outdoors—umbrellas, trees, and built structures provide great coverage.
- Take extra caution around sand, water, and snow - they can reflect and intensify UV rays.



Use Sunscreen!

- Apply SPF 30+, broad spectrum, water-resistant sunscreen to all exposed skin twenty minutes before spending time outdoors.
- Reapply sunscreen every two hours, or as instructed on product label.
- Look for sunscreen products that use zinc-oxide or titanium-oxide as active ingredients.



Cover up!

- Wear lightweight pants and long-sleeved shirts to protect your skin and keep you cool.
- Clothing made with ultraviolet protective factor (UPF) fabric provides extra protection.
- Wide-brimmed hats and sunglasses protect your neck, face, and eyes from UV rays.

For more information about skin cancer, please talk with your doctor or visit The American Academy of Dermatology's website at:

<https://www.aad.org/public/spot-skin-cancer>

