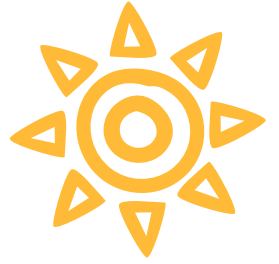


Protect the Skin You're In

Skin cancer is the **most common cancer** in the US, yet most skin cancers can be prevented.



CHOOSE SUN PROTECTION STRATEGIES THAT WORK ALL YEAR!

Use broad spectrum sunscreen with SPF 15 or higher



Reapply sunscreen every 2 hours or after swimming, sweating and toweling off



Wear a hat, sunglasses and protective clothing

Sun Safety is Never



Seek shade especially during midday

Out of Season!



Wear sunglasses or goggles when participating in winter sports



Wear a hat to protect your head and stay warm

Protect your skin from UV rays reflecting off snow by using broad spectrum sunscreen on exposed skin