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 suncreen with SPF 15 or higher

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



Wear a hat, sunglasses and protective clothing

Seek shade especially during midday







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







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