

# Protect the Skin You're In

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



In Virginia, there will be an estimated **2,340 new cases** of melanoma this year

## Choose sun protection strategies that work

**SPF 15** Use **broad spectrum** sunscreen with SPF 15 or higher

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



**Seek shade** especially during midday

**Wear** a hat, sunglasses, and protective clothing

