

# Save Your Skin: Slip, Slop, Slap, and Wrap!

## *Why are we concerned about skin cancer?*

Skin cancer is on the rise in the United States and is most often caused by exposure to ultraviolet (UV) light, either from the sun or artificial sources like tanning beds. Skin cancer is the most common form of cancer.

## *What can you do to prevent skin cancer?*

Anyone can get skin cancer but the good news is that there are ways you can protect yourself and most skin cancers are preventable! First, it is important to limit the amount of time you spend in the sun, especially between the hours of 10 AM and 2 PM. Protect your skin, even on cool and cloudy days, by staying in the shade or under an umbrella. Following these simple steps will help lower your risk:



- **SLIP** on a shirt - Wear clothes that protect your body when outside on a sunny day. Cover as much of your skin as possible by wearing long sleeves, pants, and/or sun protective clothing.
- **SLOP** on sunscreen - Use an SPF of 15 or higher on all exposed skin. Reapply every two hours and after swimming, sweating, and toweling off. Don't forget your lips, nose, ears, neck, and feet.
- **SLAP** on a hat - Wear a wide-brimmed hat to help keep sun off your face and shoulders.
- **WRAP** on sunglasses - Look for sunglasses that offer 99% to 100% UV protection. Wraparound sunglasses offer the most protection. Don't forget to have your kids wear them too.

*For more information go to:* [www.cdc.gov/cancer/skin](http://www.cdc.gov/cancer/skin)



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