



Skin Cancer Prevention



Skin cancer is one of the most common forms of cancer and can occur in anyone. Common skin cancers include *basal cell carcinoma*, *squamous cell carcinoma* and *melanoma*. Skin cancer is often caused by exposure to ultraviolet (UV) radiation from the sun and indoor tanning beds. Fortunately, there are things you can do to protect your skin from UV rays and reduce your chance of getting skin cancer.

The following tips can help protect your skin from ultraviolet radiation:

- Stay out of the sun in the middle of the day between 10am and 4pm, when the sun's rays are the strongest.
- Avoid prolonged sun exposure when possible.
- Use sunscreen with a minimum SPF of 15 that offers both UVA and UVB protection, and remember to reapply generously at least every two hours.
- Apply sunscreen more frequently when participating in water activities or activities that cause heavy sweating.
- Wear a wide-brimmed hat to shade your face, head, ears and neck. Baseball caps and sun visors only protect parts of your skin
- Wear sunglasses with UV protection that wrap around the eyes or have side panels.
- Wear clothing that covers your arms and legs. Tightly knit fabrics in darker colors offer the most protection.
- Take breaks in shaded areas when engaging in outdoor activities.
- Do not use indoor tanning beds, tanning booths or sunlamps.

Learn more about skin cancer prevention at www.cdc.gov/cancer/skin.