

PROTECT ALL THE SKIN YOU'RE IN

Skin cancer is the most common cancer in the United States, **but most skin cancers can be prevented!**

Every year —

- ▶ Nearly **5 million** people are treated for skin cancer at a cost of more than **\$8 billion**.
- ▶ There are about **76,000** new cases of and **9,000** deaths from melanoma, the deadliest form of skin cancer.



Exposure to **ultraviolet (UV) rays**—from the sun or from artificial sources like tanning beds—is the most common cause of skin cancer.

Anyone, no matter their skin tone, can get skin cancer.

Enjoy the Outdoors!

Being physically active outside is healthy and can help prevent conditions like obesity. But it's important to be sun smart when playing and working outdoors.



Use a Layered Approach for Sun Protection.



Seek shade, especially during midday hours.



Wear a hat, sunglasses, and protective clothing to shield skin.



Use broad spectrum sunscreen with at least SPF 15 to protect exposed skin.



Sunscreen works best when used with shade or clothes, and it must be re-applied every 2 hours and after swimming, sweating, or towel off.