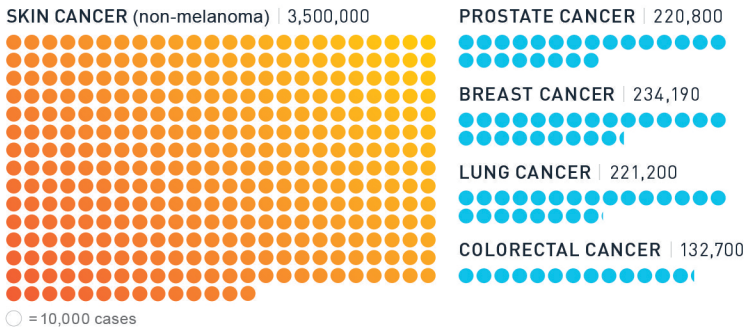


DON'T FRY: PREVENTING SKIN CANCER

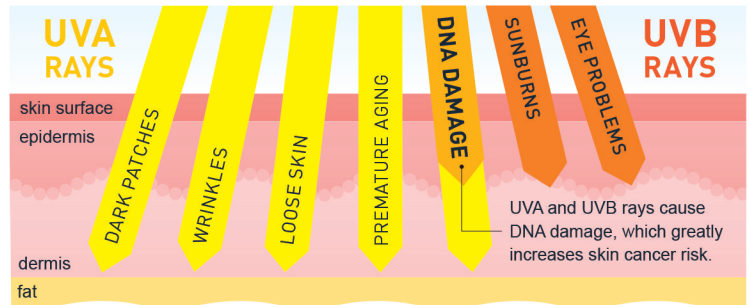
American Cancer Society // Infographics // 2015

Skin cancer is the most common of all cancer types. More than 3.5 million skin cancers are diagnosed each year in the United States. That's more than all other cancers combined. Skin cancer rates have been on the rise over the past few decades. The good news is that you can do a lot to protect yourself and your family from skin cancer.

NEW SKIN CANCER CASES IN THE U.S. THIS YEAR



MOST SKIN CANCERS ARE CAUSED BY THE SUN'S UVA AND UVB ULTRAVIOLET (UV) RAYS



PROTECTING YOURSELF IS VITAL

Sunscreen
WHAT TO LOOK FOR

BROAD SPECTRUM
Protects against both UVA and UVB rays

SPF 30
...at least!

EXPIRATION DATE
Lasts 2 to 3 years

how to apply it

Be generous! 1 ounce (about a palmful) should be used to cover the arms, legs, neck and face.

Don't forget your ears, hands, feet and underarms.

Reapply at least every 2 hours. More often if you're in and out of water or sweating.

SPF 30 BLOCKS 97% OF UVB RAYS

COVER UP THE KIDDIES, TOO!

WEAR SUNGLASSES

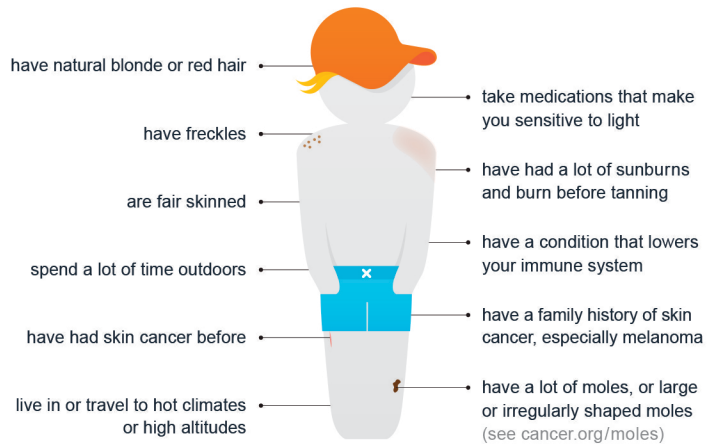
WEAR A HAT

SEEK SHADE (especially 10am - 4pm)

DITCH TANNING BEDS OR LAMPS

COVER UP WITH CLOTHING

ANYONE CAN GET SKIN CANCER, BUT BE EXTRA CAREFUL IF YOU...



SUPPORT THE AMERICAN CANCER SOCIETY

When you support the American Cancer Society, you join millions of others who are committed to the fight to end cancer. You help save lives in your community and around the world. Thank you for supporting these lifesaving efforts that get us closer to a world with less cancer and more birthdays.

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Donate // cancer.org/donate



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