

The sun never goes on vacation.

Protect yourself from skin cancer.

Anyone can get skin cancer.

Some people are more at risk than others, but anyone can get it. You are at higher risk if...

- Your skin burns, freckles, or tans.
- You spend a lot of time outdoors during peak hours (from 10 a.m. to 4 p.m.) without protecting your skin.
- You use or have used tanning beds or lamps.

What does skin cancer look like?

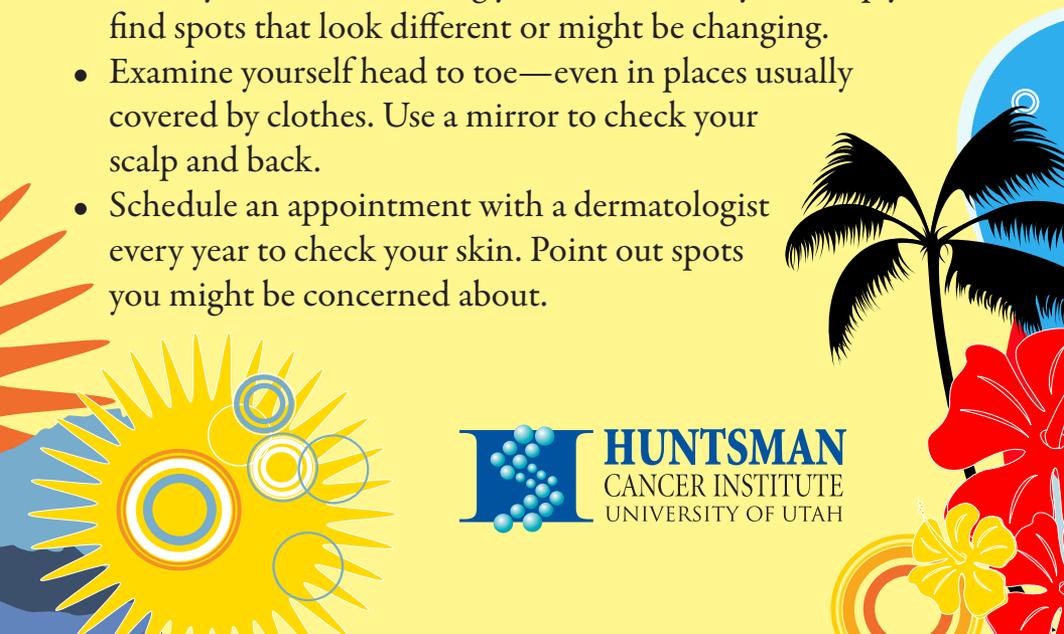
If you see a spot that is new or different, you should get it checked by a doctor. Also, watch for spots that change.

Is skin cancer dangerous?

Yes! Skin cancer can be treated if caught early. If it is ignored, it can be severely disfiguring. Some skin cancers can spread to vital organs in your body and then can become deadly.

How can I find skin cancer early?

- Know your skin. Checking your skin monthly can help you find spots that look different or might be changing.
- Examine yourself head to toe—even in places usually covered by clothes. Use a mirror to check your scalp and back.
- Schedule an appointment with a dermatologist every year to check your skin. Point out spots you might be concerned about.



How can I prevent skin cancer?

ALL YEAR LONG

- Apply generous amounts of sunblock 20 minutes before going out into the sun. Reapply sunblock every two hours.
- Avoid tanning beds and lamps. Use sunless tanner instead.
- Limit sun exposure between 10 a.m. and 4 p.m. when the sun's rays are strongest.
- Protect your skin while enjoying the mountains in summer or winter. High elevation exposes you to more radiation.
- Remember it is not the heat of the sun that causes skin damage, but radiation from the sun.
- Stay in the shade as much as possible.
- Wear protective clothing such as long sleeves to cover your skin as much as possible.
- Wear UV-protective sunglasses.

What to look for in a sunblock

- SPF 30 or higher
- Broad spectrum
- Zinc oxide, titanium dioxide, or both

