

Summer Sun Safety

Take Steps to Prevent Skin Cancer

Skin cancer is the most common of all cancer types. More than 5 million skin cancers are diagnosed each year in the United States. Too much exposure to ultraviolet (UV) light is the cause of most skin cancers. However, skin cancer is also one of the **most preventable cancers**.

Protection from UV rays is important all year round, but especially in the summer months as more time is spent outdoors in the sun. A few simple precautions can **lower your risk** of developing skin cancer.

TIPS FOR SUMMER SUN SAFETY



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 by following a few simple tips while out in the sun this summer.



APPLY SUNSCREEN

Put on broad-spectrum sunscreen that filters out both UVA and UVB rays and has an SPF of 15.



SEEK SHADE

Seek shade when possible, and remember that the sun's UV rays are strongest between 10 a.m. and 4 p.m.



WEAR A HAT

Wear a wide brim hat to shade your face, head, ears, and neck.



WEAR PROTECTIVE CLOTHING

Wearing clothing to cover skin exposed to the sun, such as long-sleeve shirts, pants, sunglasses.



PROTECT YOUR EYES

Sunglasses protect your eyes from UV rays and reduce the risk of cataracts.

SOURCES: Centers for Disease Control & Prevention, U.S. Food & Drug Administration, American Cancer Society