

## Skin Cancer Institute

1 in 5 Americans will get skin cancer in their lifetime and even young people are at risk of getting skin cancer.

Skin cancer is caused by too much exposure to the sun's harmful ultra-violet (UV) rays.

But YOU have the POWER to PREVENT most skin cancers if you...

### Remember to be an ACE!

## Avoid

- Avoid sun exposure between the hours of 10am and 4pm, when the sun's UV rays are the strongest.
- Avoid tanning beds. The UV rays in tanning beds are even stronger than the sun!!
- Avoid reflective surfaces like water, glass, sand and cement. These make UV rays more dangerous.

## Cover-up

- Wear long sleeved shirts and pants
- Cover your exposed skin with SPF 30 sunscreen
- Protect your face with a wide-brimmed hat
- Shield your eyes with 100% UV-blocking sunglasses
- Keep your lips smooth with SPF-containing chapstick

## Examine

- Examine your skin every month for new or changing moles, spots, or bumps.
- Skin cancers can leave scars when removed.
- Skin cancer can be deadly!!