

# Take Action to Prevent Skin Cancer

Skin cancer is the most common cancer in the U.S. 1 in 5 Americans will develop skin cancer in their lifetime.

Healthfinder.gov offers a few simple steps to help prevent skin cancer:

## Cover up with long sleeves, a hat, and sunglasses.

- Wear a long-sleeved shirt and long pants or a long skirt. Clothes made from tightly woven fabrics are best.
- Wear a hat – a hat with a wide brim that protects your face and neck works best. Avoid straw hats with holes that let sunlight through. If you wear a baseball cap or visor, be sure to protect your ears and the back of your neck with sunscreen.
- Wear sunglasses that block UV light. This will help protect your eyes and the skin around them from sun damage. Wrap-around sunglasses are best, because they block UV rays from the side.

## Stay in the shade between 10 a.m. and 4 p.m.

- The sun's rays are the strongest from mid-morning to late afternoon. Try to stay out of the sun during these hours.
- If you are outside, stay in the shade – like under a tree or umbrella.

## Use sunscreen with both UVA and UVB protection.

Check the expiration date on the bottle to make sure it's not out of date. To get the most protection:

- Wear sunscreen even on cloudy days. UV rays can still harm your skin through the clouds.
- Plan ahead – put sunscreen on 30 minutes before you go outside. Put on more sunscreen every 2 hours and after you swim or sweat.



- Be sure to use enough sunscreen (a handful). Don't forget to apply it to your ears, hands, feet, the back of your neck, and any part of your scalp that isn't covered by hair.
- Use lip balm with sunscreen to protect your lips.
- If you wear very lightweight clothing (like a beach cover-up or thin T-shirt), put sunscreen on under your clothes.

## Tanning beds, tanning booths, and sunlamps are not any safer than tanning in the sun.

Just like tanning in the sun, indoor tanning can cause skin cancer, wrinkles, age spots, and other damage to your skin and eyes.

## Check your skin regularly.

See a doctor or nurse right away if you notice:

- A new growth on your skin
- An existing growth that has changed in size, shape, color, or feel
- A mole that bleeds or a sore that doesn't heal
- Most changes are harmless, but only a doctor or nurse can tell you for sure.

## HOW CAN WELLNESS@WORK HELP?

- Assist with Dermatology referrals
- Assess any skin concerns
- Schedule an appointment through the W@W portal or call 919-968-2796

