

#ShowMeSunSmart

Be Sun Smart

This Summer and All Year-Round



Protect Your Skin

Skin Cancer Can Affect Anyone
Regardless of Skin Color

Use **sunscreen** with **SPF 15 or higher** and both UVA and UVB (broad spectrum) protection

Wear **clothing** that **covers your arms and legs**

Wear a **hat with a wide brim** that **shades your face, head, ears, and neck**

Wear **sunglasses** that wrap around the sides of your eyes and **block both UVA and UVB rays**

Get to Know Your Skin

Examine your skin **once a month**. Look for any **abnormal skin growths and changes** in color, shape, size, or appearance

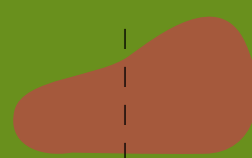
Check for areas of skin that **do not heal** after an injury

Bring any unusual skin growths or changes in a mole to the attention of your doctor

Know the ABCDEs of Early Detection

Check Moles Regularly for Signs of Skin Cancer

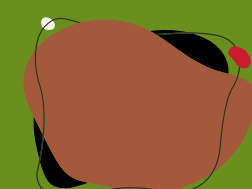
A **Asymmetry:** One half doesn't match the other half



B **Border irregularity:** The edges are ragged, notched, or blurred



C **Color:** Uneven distribution of color or more than one color



D **Diameter:** Greater than 6mm (about the size of a pencil eraser)



E **Evolution:** A mole that has gone through recent changes in color, size or shape

