

Get the Facts about Skin Cancer

Did you know...

- Skin cancer is the most common cancer in the United States
- 1 in 5 Americans develop skin cancer by age 70
- The sun's UV rays can damage unprotected skin in as little as 15 minutes
- Having 5 or more sunburns doubles your risk for melanoma
- The 5-year survival rate for melanoma is 99% when detected early



Prevention and Detection are Key!

1. Stay out of tanning beds
2. Use effective sun protection:

At least SPF 15+ Broad spectrum—reapply every 2hrs or after swimming/heavy sweating

Timing is important...10am to 4pm is typically most UV intense

3. Check your skin:

Watch for suspicious growths—The Skin Cancer Foundation recommends head to toe self-exams once per month, as well as yearly dermatology visits.

Sun Safety Tips

Stay in the shade whenever possible, especially late morning through mid-afternoon.

Look for clothing, hats and fabrics labeled UPF, ultraviolet protection factor. The UPF indicates what fraction of UV rays is able to penetrate the fabric.

Example: UPF 50 allows 1/50 of UV rays through the fabric.

Cool and cloudy—you still need protection. UV rays, not temp, is what does the damage

For more information please visit: <https://www.skincancer.org/>