



### **The Skin Cancer Foundation's Prevention Guidelines**

- **Seek the shade**, especially between 10 A.M. and 4 P.M.
- **Do not burn.**
- **Avoid tanning and UV tanning booths.**
- **Use a sunscreen** with an SPF of 15 or higher every day.
- **Apply 1 ounce** (2 tablespoons) of sunscreen to all exposed areas, 30 minutes before going outside. Reapply every two hours or immediately after swimming or excessive sweating.
- **Cover up** with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
- **Keep newborns out of the sun.** Sunscreens should be used on babies over the age of six months.
- **Examine your skin** from head-to-toe every month.
- **See your physician every year** for a professional skin exam.