

## ☀ Tips for Prevention of Melanoma

- ☀ Avoid the sun between the hours of 10 a.m. and 4 p.m. This is when damaging ultraviolet (UV) light is typically strongest.
- ☀ Seek shade whenever possible if you must be outside.
- ☀ Apply sunscreen liberally. Use a broad-spectrum product that protects against UVA and UVB rays and has a sun protection factor (SPF) of 30 or higher. Sunscreen should be re-applied every two hours, or more frequently if you are swimming or sweating. Use sunscreen all times of the year, not just in the summer, as your skin can burn during sun exposure in any season.
- ☀ Sunscreen isn't the only product that has an SPF rating. Look for an SPF number on labels for umbrellas, tents and hats.
- ☀ Wear a wide-brimmed hat, long sleeves and long pants to shield yourself from the sun.
- ☀ Wear UV-blocking sunglasses to reduce your risk of eye damage.
- ☀ Avoid tanning salons and tanning beds.
- ☀ Examine your skin for changing moles or blemishes at least once a month. Ask your spouse or partner to look at your back or other areas on the body that you can't see. Get examined by a physician once a year.
- ☀ If you are a parent, protect your children from the sun. Burning may increase their risk of melanoma or other skin cancers later in life. You should check your children's skin regularly, just as you would examine your own.