

## Protect Your Skin From UV Damage!

May is Skin Cancer Detection and Prevention Month!

### To Prevent Sunburns and Skin Cancer...

- Seek shade when necessary (especially between 10 am and 2 pm)
- Cover your skin with protective clothing such as long-sleeved shirts, pants, and hats
- Apply sunscreen (SPF 30 or higher) 30 minutes before going outside
- Reapply every two hours
- Avoid tanning and tanning beds

### Check your skin monthly!

- Examine your entire body in front of a mirror
- Look for spots that are different from others, change, itch, or bleed
- Ask your doctor to perform a skin check



*Look for the ABCDEs  
when checking spots...*

#### **A = Asymmetry**

A mole is not the same on both sides

#### **B = Border**

The border is irregular

#### **C = Color**

The color is varied

#### **D = Diameter**

A mole is larger than a pencil eraser

#### **E = Evolving**

The shape or size are changing over time

#### Resources:

<https://www.skincancer.org/>

<https://www.aad.org/public/spot-skin-cancer/learn-about-skin-cancer/prevent>

<https://www.aad.org/public/spot-skin-cancer/learn-about-skin-cancer/detect>