



Save Your Skin

It's that time of year, when the sun comes out and there are many activities to enjoy in the sunshine. Since we spend so much more time in the sun during spring and summer, it is important to remember how to protect your skin from damage. These facts will help you recognize what the signs of skin cancer may look like, and how to keep your skin safe.

How to Protect Your Skin

- Sun protection is needed even when the weather is overcast, because UV rays can still damage your skin.
- Wear sunscreen with both UVA and UVB protection, and SPF 15 or higher.
- On sunny days, try to stay in the shade as much as possible.
- Wear a wide-brimmed hat that can keep your head and neck in the shade.
- Avoid exposing your skin by wearing clothing that keep you covered up.
- Reapply sunscreen every two hours, and remember to apply sunscreen after swimming or sweating.



Warning Signs

- **Tanning:** Change in the color of your skin (a tan or burn) indicates UV damage, so it is a good idea to avoid tanning and tanning beds.
- **Changes in Your Skin:** Moles, growths, or sores that won't heal are the most common symptoms of skin cancer.
- **Asymmetric moles:** Benign moles are symmetric, meaning each half of the mole is the same size and shape. Malignant moles are asymmetric, meaning one half is a different size or shape than the other. Asymmetric moles are a serious warning sign of melanoma.

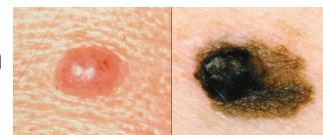
Resources

[Melanoma Awareness](#)

[CDC Sun Safety](#)

[How to Protect Your Skin](#)

Benign



Malignant