



SunAWARE for Life



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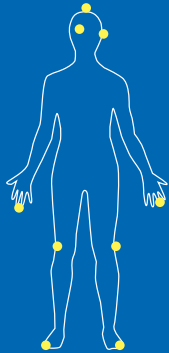
www.melanomaprevention.org

Be Safe, Be SunAWARE

- A** Avoid unprotected exposure to sunlight, seek shade, and never indoor tan.
- W** Wear sun protective clothing, including a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses year-round.
- A** Apply recommended amounts of broad-spectrum sunscreen with a Sun Protection Factor (SPF) ≥ 30 to all exposed skin and reapply every two hours, or as needed.
- R** Routinely examine your whole body for changes in your skin and report concerns to your healthcare provider.
- E** Educate your family and community about the need to be SunAWARE.

One person dies every 45 minutes from skin cancer.
Don't be a statistic!

Check Your Skin Regularly



Commonly Overlooked Areas

- B - Behind knees
- E - Eyelids
- E - Ears
- N - Nailbeds
- S - Soles
- S - Scalp

Remember that you can develop skin cancer anywhere on your body!

Check for growths that are:

- new or changing
- different or funny looking
- growing
- easily irritated (bleeding or itchy)
- persistent for more than 3 weeks

