Be Safe, Be SunAWARE

Avoid unprotected exposure to sunlight, seek shade, and never indoor tan.

Wear sun protective clothing, including a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses year-round.

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.

Routinely examine your whole body for changes in your skin and report concerns to your healthcare provider.

Educate your family and community about the need to be SunAWARE.

Check Your Skin Regularly

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

Commonly Overlooked Areas

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

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