



National Council on
Skin Cancer Prevention

The Friday before Memorial Day is

Don't Fry Day

www.skincancerprevention.org

SunAWARE

PROTECT YOUR SKIN TODAY AND EVERY DAY

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 sunburn 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 a parent or healthcare provider.

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

Be Safe.
Be SunAWARE.

- There will be over three million new cases of skin cancer (basal cell, squamous cell, melanoma) in the U.S. this year.
- One person dies every hour from skin cancer in the U.S.
- Melanoma is the leading cause of death from skin cancer.
- Melanoma is the #1 cancer in young, white, American women today.
- Skin cancer is preventable and easily recognizable.

Anyone can develop skin cancer anywhere on the body

Common Signs of Skin Cancer



Basal and Squamous Cell



Melanoma

P - Persistent

E - Easily irritated

E - Enlarging

R - Recurrent

A - Asymmetrical

B - Border irregular

C - Color variable

D - Diameter enlarging

E - Evolving

www.womensderm.org

www.playsafeinthesun.org

