

■■ PROTECT YOUR SKIN ■■

Skin Cancer Prevention Starts Today

Why It Matters

Skin cancer is the most common cancer—but it's also one of the most preventable.

Stay Safe in the Sun

- Apply SPF 30+ sunscreen every 2 hours
- Wear hats, sunglasses, and protective clothing
- Seek shade between 10 AM – 4 PM
- Avoid tanning beds

Check Your Skin

Use the ABCDE rule:

A – Asymmetry

B – Border irregularity

C – Color changes

D – Diameter larger than a pencil eraser

E – Evolving over time

Know Your Risk

Higher risk if you have fair skin, history of sunburns, or high sun exposure.

Protect your skin today for a healthier tomorrow!