

DETECTION

SKIN SELF-EXAM

EXAMINE BODY IN
A FULL-LENGTH
MIRROR



LOOK AT UNDERARMS,
FOREARMS, AND PALMS

LOOK AT LEGS, BETWEEN
TOES, AND SOLES



USE A HAND MIRROR TO
EXAMINE NECK, SCALP,
BACK, AND BUTTOCKS

**SEE A DOCTOR IF YOU NOTICE
A SPOT THAT IS DIFFERENT
FROM OTHERS, CHANGES,
ITCHES, OR BLEEDS**

FAST FACTS

#1

MOST COMMON CANCER
IN THE UNITED STATES IS
SKIN CANCER

1/5

AMERICANS WILL
DEVELOP SKIN CANCER
IN THEIR LIFETIME

20

AMERICANS DIE FROM
MELANOMA, THE DEADLIEST
FORM OF SKIN CANCER,
EVERY DAY

ABOUT

Information is sourced from the American Academy of Dermatology and does not constitute medical advice. Please seek care from a licensed medical professional.

DISCLAIMER

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THE KEYS TO SUN PROTECTION

**ENJOY THE
SUN SAFELY**

SUN RAYS

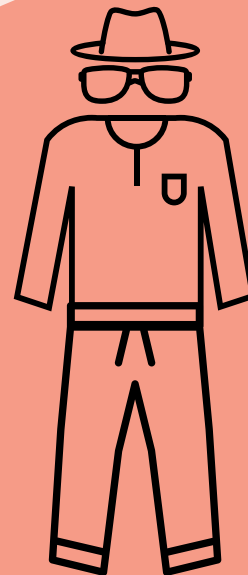
UVA CAUSES WRINKLES

UVB CAUSES SUNBURN

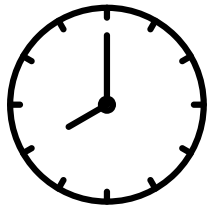
OVEREXPOSURE CAN LEAD
TO SKIN CANCER

WEAR PROTECTIVE CLOTHING

- WIDE-BRIMMED HATS
- SUNGLASSES
- LONG-SLEEVED SHIRTS
- LONG PANTS



STAY IN THE SHADE



THE SUN'S RAYS
ARE STRONGEST
AT 10 AM-2 PM

REGULARLY APPLY

SUNSCREEN

- USE BROAD-SPECTRUM, WATER-RESISTANT, SPF 30+ PRODUCTS
- APPLY ON EXPOSED SKIN, EVEN WHEN CLOUDY OUTSIDE
- REAPPLY EVERY 2 HOURS AND AFTER SWIMMING OR SWEATING

