



MAY IS SKIN CANCER AWARENESS MONTH



A large, stylized number '9' is the central focus, composed of nine horizontal bands of different colors. Each band contains a tip for skin protection. To the right of the '9' is a sun with rays, and below it are two overlapping circles containing additional tips. The background is a bright yellow sun over a green horizon line, with palm trees and cacti silhouettes at the bottom.

Avoid sunlamps and tanning beds.

Stay in the shade, especially between 10 a.m. and 4 p.m.

On days spent outside upgrade to a SPF 30, reapply every two hours.

Wear UVB blocking sunglasses, covering clothing and hats.

See your health care provider every year for a skin exam.

Examine your skin once a month.

Keep newborns out of the sun.

Use sunscreen (UVA/UVB) of SPF 15 every day.

Apply sunscreen 30 minutes before going outside.

9 Ways to Protect Your Skin

Prevention is easily done when it comes to skin cancer. Here are nine ways to prevent skin damage from the sun.

Please distribute to your staff. Compliments from Whatcom County's Wellness Program