

## Ways to Protect Your Skin

To reduce your risk of the three main types of skin cancer—basal cell carcinoma, squamous cell carcinoma, and melanoma—the Centers for Disease Control and Prevention recommends the following measures:



Seek shade and limit time in the sun, especially during peak sun hours (10:00 a.m. to 4:00 p.m.);



Wear clothing that covers your arms and legs; some clothing is designed to provide protection from the sun;



Wear a wide-brimmed hat;



Wear wrap-around sunglasses;



Apply the recommended amount of a sunscreen before going outside (even on slightly cloudy or cool days); use sunscreen that provides protection against UVA and UVB rays and that is rated sun protection factor (SPF) 15 or higher, at least every 2 hours and after swimming, sweating, and toweling off; and



Avoid indoor tanning with UV devices such as sunlamps, sunbeds, and tanning booths.