

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;



avoid indoor tanning with ultraviolet (UV) devices such as sunlamps, sunbeds, and tanning booths;



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.



The American Academy of Dermatology recommends using a sunscreen rated SPF 30 or higher.

The U.S. Preventive Services Task Force (USPSTF) recommends that clinicians counsel their fair-skinned patients ages 6 months to 24 years—or their parents—on limiting exposure to UV radiation to lower skin cancer risk.