

Buena Salud® Club

I-866-783-2645



Protect yourself from skin cancer!

1. Do not use tanning beds or lamps.
2. Apply sunscreen to completely cover all exposed skin 30 minutes before going outdoors. Reapply every two hours, and after sweating or swimming.
3. Use sunscreen with a minimum SPF of 15 or higher that protects against UVA and UVB rays (broad spectrum).
4. Wear wide-brimmed hats.
5. Protect your eyes with sunglasses.
6. Seek shade from the sunlight especially from 10 a.m. to 4 p.m.
7. Check your skin for unusual changes.



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Skin Cancer

- Skin cancer is the most common and the most preventable type of cancer.
- Ultraviolet rays from the sun - even on cloudy days - can damage your skin and cause skin cancer.
- Protecting yourself with sunscreen (UVA and UVB), a hat, and sunglasses is the best way to protect your skin and eyes from the sun.
- Everyone is at risk no matter how light or dark your skin may be.



An example of melanoma,
a type of skin cancer

National Alliance for Hispanic Health
1501 16th St. NW
Washington, DC 20036-1401

Call **1-866-783-2645** (toll-free) to receive a FREE hat and booklet, answers to all your health questions, and low-cost health care providers near you.

For more information visit
www.nuestrasvoces.org

