Buena Salud®Club I-866-783-264**5**



Protect yourself from skin cancer!

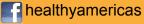
- 1. Do not use tanning beds or lamps.
- 2. Apply sunscreen to completely cover all exposed skin 30 minutes before going outdoors. Reapply every two hours, and after sweating or swimming.
- 3. Use sunscreen with a minimum SPF of 15 or higher that protects against UVA and UVB rays (broad spectrum).
- 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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health4americas



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.
- <u>Everyone</u> is at risk no matter how light or dark your skin may be.



An example of melanoma, a type of skin cancer

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**

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