

# Protect yourself. Be safe in the sun

Did you know that most skin  
cancers, including melanoma,  
are preventable?



## Decrease your risk of skin cancer by following these simple tips

**WEAR** clothing, such as a wide-brimmed hat, sunglasses, and lightweight, long-sleeved shirt and pants, for protection from the sun.

**SEEK SHADE** and try to avoid the sun between 10 a.m. and 2 p.m., when it's strongest.

**USE** a broad-spectrum, water-resistant sunscreen with a sun protection factor (SPF) of 30 or more and reapply every two hours, even on cloudy days.

**AVOID** tanning beds, which can cause skin cancer and wrinkling.

**USE** extra caution near water, snow and sand; they reflect the sun's damaging rays.

**GET** vitamin D safely through a healthy diet, which may include vitamin supplements.

**CHECK** your skin every month: If you notice anything changing, growing or bleeding on your skin, talk to your doctor. Skin cancer is very treatable when caught early.



[www.ohsu.edu/dermatology](http://www.ohsu.edu/dermatology)

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