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.