SKIN CANCER PREVENTION

Skin cancer is the most common and one of the most preventable cancers.
With a few simple habits, you can reduce your risk

1

Be Sun Smart

Avoid peak sun
10am – 4pm
UV rays are strongest during these hours.
Seek shade.
Use umbrellas, trees, or shelters whenever possible.

2

Use Sunscreen Correctly

SPF 30 or higher (broad-spectrum: UVA + UVB)
Apply 15 minutes before going outside.
Reapply every 2 hours and after swimming or sweating
Don't forget ears, neck, lips, hands, scalp, and tops of feet.

3

Cover Up

Wear protective clothing:
Wide-brimmed hat to shield face, ears, and neck
UV blocking sunglasses to protect your eyes.

4

Avoid Tanning Beds

Tanning beds emit concentrated UV radiation that greatly increases melanoma risk.

5

Check Your Skin Monthly

Look for:

A – Asymmetry
B – Border irregularity
C – Colour variation
D – Diameter > 6 mm
E – Evolving size, shape, or color

If you notice anything unusual, see a healthcare professional.

Protect today. Prevent tomorrow.
Healthy skin is lifelong. Start now.

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