

Skin Cancer Prevention

1 in 5 Americans will Develop Skin Cancer in their Lifetime

Repeat sunburns increase your risk for Skin Cancer.
You can reduce this risk by using sunscreen properly!

UV Index, Exposure Levels and Precautions*

UV Index Number	Exposure Level	Precautions to Protect Your Skin
0-2	Low	Wear sunscreen and sunglasses
3-5	Moderate	Wear sunscreen, sunglasses, cover-up, seek shade near midday hours
6-7	High	Wear sunscreen, protective eyewear and clothing. Reduce time in the sun between 10am and 2pm.
8-10	Very High	Wear sunscreen, protective eyewear and clothing. Take extra precautions. Unprotected skin will be damaged and can burn quickly. Reduce time in the sun between 10am and 2pm.
11+	Extreme	Extreme high risk of harm. Take all precautions. Unprotected skin can burn in minutes. If possible stay inside.



USE SUNSCREEN WITH SPF 30 OR HIGHER



USE SUNGLASSES THAT BLOCK UVA & UVB RAYS



WEAR PROTECTIVE CLOTHING

*American Academy of Dermatology.



WEAR BROAD-BRIMMED HAT



STAY OUT OF DIRECT SUNLIGHT



DRINK LOTS OF WATER



AVOID PEAK HOURS BETWEEN 10AM & 2PM