

Protect Your Skin

Follow these steps to protect yourself from the sun and lower your risk of skin cancer.



Use a water-resistant, broad-spectrum sunscreen with an **SPF of 30** or higher—and make sure it hasn't expired.



Apply sunscreen to all areas of **bare skin**, such as your neck, ears, and tops of your feet. Use **SPF 15 lip balm**.



Reapply sunscreen **every two hours**, as well as after swimming, sweating, or towel drying.



Wear sun-protective clothing (UPF rated)—or any clothing—to help **protect your skin**, as well as a **hat and sunglasses**. Remember, **shade** is a practical, user-friendly form of sun protection.

Every time you tan or burn, you damage the DNA in your skin. The more you **damage your DNA**, the **greater your risk** of developing **melanoma**, the deadliest form of **skin cancer**.



Learn More

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Sun Safety for Kids

Kids need to safely protect their skin, too!



Kids ages **six months and older** can safely wear sunscreen. Follow the tips on the front side of this card to keep your kids aged six months and older safe!



Protect **younger infants** from the sun by keeping them in the **shade** and/or covering their skin with clothes and hats.



Encourage your kids to play in the **shade**, especially between the **peak sun hours** of 10am and 4pm.



Discourage kids and teens from **tanning**—and, especially, **burning**—their skin, and from using indoor tanning beds.

WHY IT MATTERS

ONE blistering sunburn in childhood or adolescence more than **doubles** your chances of developing melanoma later in life.

Using **indoor tanning beds** and other indoor devices before the age of 35 **increases your risk** of melanoma by **59%**, and the risk increases with each use.

Help your children learn sun safety! Encourage your kids to take care of their skin from an early age!

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