

# Lower your skin cancer risk

## Stay in the shade

Look for shady areas when outside. Avoid going outdoors between 10 a.m. and 4 p.m.

## Use sunscreen and lip balm

Apply liberally, 30 minutes before going outside. Reapply every two hours.

Choose products with **SPF 30** or higher.

## Cover up

Wear dark, tightly woven clothing.

Pick a hat with a large brim to protect your ears and neck.

## Use extra caution

Water, snow and sand amplify the sun's rays.

## Skip the tanning bed

Tanning beds are not a safe alternative to the sun.

## Wear sunglasses

Look for lenses that provide both UVA and UVB protection.

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