

# Sun Safety

When skin is exposed to too much sunlight, it becomes susceptible to skin cancer, but there are many things you can do to protect your skin and help prevent skin cancer.

## TRY THIS

**Use sunscreen correctly.** Choose sunscreen with SPF 30 or higher and put it on 30 minutes before going in the sun. Put on more sunscreen every 2 hours, especially after swimming or exercise.

**Keep your skin covered.** Wear a hat with a brim and clothing that keeps your skin from being overexposed to sun.

**Examine your skin.** Check your own skin once a month. Contact your doctor if you notice any changes.

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## CHECK THIS OUT

**Visit** the Springboard page Sun Safety.

<https://survivorship.cancer.gov/springboard/wellness/sun-safety>

**Try** following these step-by-step instructions to examine your own skin. <http://goo.gl/x1CkIB>

**Follow** these tips for sun protection to help prevent skin cancer.

<http://goo.gl/M1PsDh>