

EXPOSURE TO ULTRAVIOLET (UV) RAYS  
IS THE MOST IMPORTANT PREVENTABLE  
RISK FACTOR FOR SKIN CANCER

**EASY WAYS TO HELP**  
**REDUCE YOUR RISK OF**  
**SKIN CANCER**



**MINIMIZE YOUR EXPOSURE  
TO THE SUN** between 10AM & 4PM

**APPLY GENEROUS AMOUNT OF  
SUNSCREEN** before you go outside  
and to all exposed body areas

**REAPPLY SUNSCREEN EVERY 2 HOURS**  
Even on cloudy days reapply after  
swimming or sweating

**WEAR CLOTHING THAT COVERS  
YOUR BODY** and shades your face,  
ears and back of the neck

**WEAR SUNGLASSES WITH UV  
COATING** Label should say 100%  
UVA/UVB protection

**DON'T USE**  
sunlamps or tanning beds



**Franciscan HEALTH**