# Sun Safety & Skin Cancer Prevention

This playbook outlines steps to protect skin from harmful UV rays and provides guidelines for the early detection of skin changes that might indicate skin cancer.

### Step 1: Seek Shade

Limit your exposure to the sun, especially during 10 a.m. and 4 p.m. when the UV rays are strongest. Whenever possible, seek shade when you are outdoors.

### Step 2: Wear Protective Clothing

Cover your skin with tightly woven long-sleeved shirts, long pants, and wide-brimmed hats. Prefer fabrics with UV protection factors.

### Step 3: Apply Sunscreen

Use a broad-spectrum sunscreen with an SPF of 30 or higher on all exposed skin. Reapply at least every two hours, or more often if you're sweating or swimming.

### Step 4: Wear Sunglasses

Protect your eyes by wearing sunglasses that block out 99% to 100% of both UVA and UVB radiation.

### Step 5: Avoid Tanning Beds

Steer clear of tanning beds and sunlamps as these can be more dangerous than natural sunlight.

### Step 6: Regular Self-Exams

Perform regular self-examinations of your skin, checking for any new or suspicious spots, moles, or lesions that change in size, color, or shape.

### Step 7: Professional Screenings

Schedule annual skin examinations with a dermatologist for a professional evaluation of your skin, particularly if you have a higher risk of skin cancer.

## General Notes

### Sunscreens

Remember that no sunscreen can block 100% of UV rays and should not be used as the sole protection against the sun.

### Vitamin D

Consider Vitamin D supplements if you minimize sun exposure for skin protection as the body needs Vitamin D for healthy bone development.

### Risk Factors

Be aware of personal risk factors such as fair skin, a family history of skin cancer, and numerous or unusual moles. Individuals with these factors should take extra precautions.