

# 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.

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