

# SKIN CANCER RISK

## From Bonnets to Bikinis

Sun exposure over the decades and what you should know — we know more than we used to!



## 7 things you can do to prevent skin cancer

- 1 Seek the shade.
- 2 Don't burn.
- 3 Avoid tanning booths.
- 4 Cover up with hat & clothing.
- 5 Use SPF15 or higher sunscreen.
- 6 Reapply sunscreen every 2 hrs.
- 7 Keep newborns out of sun.