

DON'T FRY

Skin Cancer is the most common of all cancer types. More than 5.4 million skin cancers are diagnosed each year in the United States. That's more than all other cancers combined.

PROTECTION CAN LEAD TO PREVENTION

Apply Sunscreen

Be generous!

One ounce (about a palmful) should be used to cover arms, legs, neck and face

Don't forget

Ears, hands, feet, and underarms

Reapply every 2 hours

More often if you're in and out of water or sweating

SUNSCREEN

What to look for:

Broad Spectrum

Protects against both UVA and UVB rays

SPF 30

...at least!

Expiration Date
Lasts 2 to 3 years

SEEK SHADE

(especially 10 a.m. - 4 p.m.)

SPF 30 FILTERS
97% OF UVB RAYS

DITCH TANNING
BEDS OR LAMPS

WEAR
A HAT

COVER UP
WITH CLOTHING

Anyone can get skin cancer, but be extra careful if you:

- Are fair skinned
- Live in high altitudes
El Paso is at 3,740 ft above sea level
- Have had skin cancer before
- Have a family history of skin cancer, especially melanoma
- Have had a lot of sunburns and burn before tanning

- Take medications that make you sensitive to light
- Have a condition that lowers your immune system
- Have freckles, large or irregular shaped moles



RIO GRANDE
CANCER FOUNDATION.

www.rgcf.org

BE *Sun Smart* AT YOUR EVENT!



As seen at
spray parks
around town!

FREE

**SunSmart portable
sunscreen loaner
dispensers for your
next outdoor,
sun-filled event!**

- Prevent Sunburns
- Reduce the Risk
of Skin Cancer
- SPF 30

RESERVE YOURS TODAY rgcf.org (915)562-7660

Learn More | Stay Protected | Detect Early | Donate



RIO GRANDE
CANCER FOUNDATION®

www.rgcf.org • (915)562-7660