



**Public Health**  
Prevent. Promote. Protect.

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YOUR DAILY FAVORITE NEWSPAPER

## Skin Cancer Detection & Prevention Month



### *What to know about skin cancer and steps to protect yourself*

BY: THE LOCAL DEPARTMENT OF HEALTH

Skin cancer is the most common type of cancer in the United States. Ultraviolet (UV) radiation from the sun is the main cause of skin cancer. UV damage can also cause wrinkles and blotches or spots on your skin. The good news is that skin cancer can be prevented, and it can almost always be cured when it's found and treated early.

Take simple steps today to protect your skin:

- Stay out of the sun as much as possible between 10 a.m. and 4 p.m.
- Use sunscreen with SPF 15 or higher. Put on sunscreen every 2 hours and after you swim or sweat.
- Cover up with long sleeves and a hat.
- Check your skin regularly for changes.

For more information, visit **your local health department website**.

### Treating A Sunburn



Take aspirin, acetaminophen, or ibuprofen to relieve pain, headache, and fever.



Drink plenty of water and soothe burns with cool baths or by gently applying cool, wet cloths.



Use a topical moisturizing cream or aloe to provide additional relief. Do not go back into the sun until the burn has been healed.