

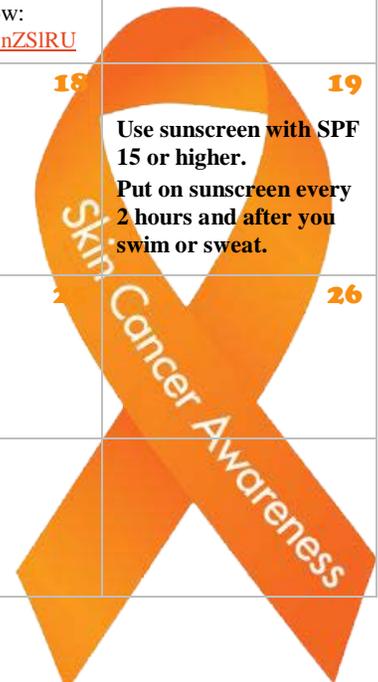
May



2018

Melanoma/Skin Cancer Detection and Prevention

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 May is Melanoma/Skin Cancer Detection and Prevention Month! Take these steps to protect yourself from #SkinCancer: http://1.usa.gov/1G8qOTW .	2	3 #DYK? #SkinCancer is the most common type of cancer in the U.S. Learn more: http://1.usa.gov/1AZDGpd .	4	5 Ultraviolet (UV) radiation from the sun is the main cause of #SkinCancer. Learn more: http://bit.ly/2mxjLDq
6	7 UV damage can also cause wrinkles and blotches or spots on your skin	8	9 Skin cancer affects people of all ages, including older adults. Get the facts: http://1.usa.gov/jt7vYY	10	11 You can protect yourself from #SkinCancer by doing regular skin self-exams. Learn how: http://1.usa.gov/1nZSIRU	12
13	14	15 Health Tip: Put sunscreen on 30 minutes before you go outside to help prevent #SkinCancer. For more tips: http://bit.ly/1Vc9PJt	16	17 Be cool and wear your shades – UV rays can hurt your eyes. Get more tips to keep your eyes healthy: http://bit.ly/1zNmO1e	18	19 Use sunscreen with SPF 15 or higher. Put on sunscreen every 2 hours and after you swim or sweat.
20			23	24	25	26
21			22 Stay out of the sun as much as possible between 10 a.m. and 4 p.m.	27	28	29
23	24	25	30	31		



For more information visit <https://www.skincancer.org/>