



**Public Health**  
**Health Department**

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.

**The Health Department** is proud to participate in Melanoma/Skin Cancer Detection and Prevention Month. During the month of May, join us in taking action to prevent skin cancer and reduce the risk of UV damage.

- **Check out your local library for educational materials on skin cancer and prevention.**
- **Call your Health Department for more information about prevention.**

**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, <https://www.aad.org/> or call your local health department at 973-593-3079