



Prevention Guidelines

Since its inception in 1979, **The Skin Cancer Foundation** has always recommended using a sunscreen with an **SPF 15** or higher as one important part of a complete sun protection regimen. Sunscreen alone is not enough, however. Read our full list of skin cancer prevention tips.

- **Seek the shade**, especially between 10 AM and 4 PM.
- **Do not burn**
- **Avoid tanning and UV tanning beds**
- **Cover up** with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
- **Use a broad spectrum (UVA/UVB) sunscreen** with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.
- **Apply 1 ounce** (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours or immediately after swimming or excessive sweating.
- **Keep newborns out of the sun.** Sunscreens should be used on babies over the age of six months.
- **Examine your skin** head-to-toe every month.
- **See your physician every year** for a professional skin exam.

<http://www.skincancer.org/prevention/sun-protection/prevention-guidelines>