An Ounce of Prevention

IMPACT MELANOMA

The not-so-fun facts about melanoma:

On average, one person dies from melanoma every hour in the United States.

!

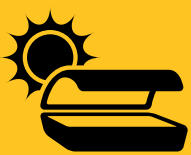
Melanoma is the deadliest form of skin cancer.

2X

Having more than 5 sunburns doubles your chance of developing malignant melanoma.

AGES
15-29

Melanoma is the second most common cancer among 15-29-year-olds.



Tanning bed users are 8x more likely to develop melanoma.

90%

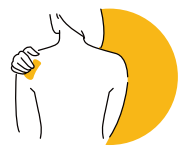
The percentage of melanoma cases caused by UV exposure.

Your guide to safe outdoor skin care

Apply before going outdoors

Apply sunscreen generously before going outdoors. It takes approximately 15 minutes for your skin to absorb the sunscreen and protect you. If you wait until you are in the sun to apply sunscreen, your skin is unprotected and can burn.

Apply to all bare skin



Remember your neck, face, ears, tops of your feet and legs. For hard-to-reach areas like your back, ask someone to help you or use a spray sunscreen.

If you have thinning hair, either apply sunscreen to your scalp or wear a wide-brimmed hat.

To protect your lips, apply a lip balm with an SPF of at least 15.

Use enough sunscreen

You will need at least one ounce of sunscreen, about the amount you can hold in your palm, to fully cover all exposed areas of your body. Rub the sunscreen thoroughly into your skin.

SPF 30 or higher

Choose a sunscreen that has an SPF of 30 or higher, is water resistant, and provides broad-spectrum coverage, which means it protects you from UVA and UVB rays. Check expiration dates.

No Sun for Babies

Babies have sensitive skin and should be kept in the shade when outdoors.

Dress your baby in lightweight UPF clothing that fully covers their arms and legs. Don't forget a bucket hat and sunglasses.

Babies can wear sunscreen starting at six months.

Essential tips

Keep in mind the sun is strongest between 10 am and 4 pm.

Know the shadow rule. If your shadow is shorter than you are tall, your risk of sunburn is high and it's important to protect yourself.

- **Wear UPF clothing when possible, or clothes that are dark and tightly woven.**
- **Wear a wide-brimmed hat and sunglasses.**
- **Remember that UV rays bounce off sand, snow, concrete, and water.**
- **Never use tanning beds.**

IMPACT MELANOMA

Improving
Melanoma
Prevention, through
Awareness,
Care &
Teaching

IMPACT Melanoma is the nation's leading non-profit dedicated to reducing the incidence of melanoma in the United States and saving lives.

For communities and corporations, we are partners in prevention: customizing and implementing integrated, prevention education programs. We are passionate about prevention, early detection, and supporting melanoma patients and their caregivers.

Tips for Being Sun Safe:

- Regular use of SPF 30 or higher sunscreen
- Reapply every 2 hours.
- Seek shade.
- Wear a hat and sunglasses with UV protection.

IMPACT MELANOMA

PREVENTION. DETECTION. SUPPORT.

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