

CANCER EXPLAINED PRESENTS

A FREE HEALTH HANDOUT

SUN SAFETY BASICS

Simple habits that lower your risk of skin cancer

FREE TO PRINT · PLAIN LANGUAGE · SOURCES ON THE BACK

A CANCER EXPLAINED HANDOUT · BASED ON **NCI · ACS** · UPDATED **2026-07-04**
EDUCATION ONLY. NOT MEDICAL ADVICE. · PUBLISHED BY THE NATIONAL CANCER INFORMATION FOUNDATION

CANCEREXPLAINED.ORG

CANCEREXPLAINED.ORG · A FREE HEALTH HANDOUT

Sun Safety Basics

Simple habits that lower your risk of skin cancer

1 Protect your skin every day

- [ ] Seek shade when the sun is strongest, usually 10 a.m.–4 p.m. Shadow rule: if your shadow is shorter than you, the rays are strong.
- [ ] Cover up with long sleeves, a wide-brimmed hat, and sunglasses that block 99–100% of UVA and UVB rays.
- [ ] Use broad-spectrum SPF 30+ sunscreen on exposed skin. Reapply every 2 hours and after swimming, sweating, or toweling off.
- [ ] Skip tanning beds. There is no safe tan from UV — a tan is a sign of skin damage.
- [ ] UV passes through clouds. Protect your skin on cool and overcast days too, and near water, sand, and snow.

2 Protect children

- [ ] Sunburns early in life raise skin cancer risk later. Use shade, clothing, hats, and sunscreen together.
- [ ] Keep babies under 6 months out of direct sun whenever possible.

3 Check your skin

- [ ] People of every skin tone can get skin cancer.
- [ ] Look over your skin regularly, including scalp, palms, soles, and nails.
- [ ] Show a doctor any spot that is new, changing, growing, bleeding, or not healing.

THE BOTTOM LINE

Layer your protection — shade + clothing + hat + sunglasses + sunscreen — and show a doctor any spot that changes.

Sources: NCI: Sunlight & UV (cancer.gov/about-cancer/causes-prevention/risk/sunlight) · ACS: UV protection (cancer.org/cancer/risk-prevention/sun-and-uv/uv-protection.html)

Learn more in plain language: cancerexplained.org/prevention/sun-safety · **Updated:** 2026-07-04

This handout is for education only and is not medical advice. Talk with a qualified healthcare professional about what is right for you. Free to copy and share for non-commercial education.