



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 booths.**
 - **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.
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