



LARIMER
COUNTY

JULY 2023

HEALTHUPDATE

Protect Your Skin

SUN SAFETY 101

Skin cancer is the most preventable and common cancer in the United States.

Practice sun safety tips to keep your skin healthy year round.



ALWAYS WEAR SUNSCREEN OUTSIDE

90% of skin cancers are caused by extended exposure to the sun's ultraviolet (UV) rays. **Apply broad spectrum sunscreen of SPF 15 or higher that blocks both UVA and UVB rays at least 30 minutes before you go outside.** Remember, sunscreen can wear off after sweating, swimming, or toweling off. Put on a generous layer of sunscreen every two hours to avoid sunburn and skin damage.



SEEK SHADE FOR YOUR EYES AND SKIN

Wearing protective clothing and eye wear can help reduce your risk of skin cancer. For the most protection, wear a wide-brimmed hat made of tightly woven fabric, such as canvas, that shades your face, ears, and the back of your neck. Choose sunglasses that wrap around and block both UVA and UVB rays to protect the tender skin around your eyes.



GET CHECKED FOR SKIN CANCER

Most skin cancer is 99% curable if caught early. **During your annual exam, have your doctor check noticeable moles or new growths since you last visit.** Not all skin cancers look the same—schedule an appointment with a dermatologist if you notice evolving spots or moles with asymmetrical or irregular patterns, uneven coloring, or a sore that doesn't heal.