

Spot it. Stop it.

Skin is your body's largest organ, and it works hard to keep you healthy and safe. Give back to your skin by protecting it from skin cancer.



PROTECT your skin from harmful UV rays

- **Put** on clothing to reduce sun exposure
- **Pop** on a hat to cover your scalp
- **Pull** out the shades to block the UV rays
- **Pour** on the SPF-15 sunscreen or higher



DETECT the early signs of skin cancer

- **Do** regular body checks to look for new growths or any changes in existing moles, freckles, blemishes, and marks
- **Determine** if any of the spots seem new or unusual, bleed or won't heal, or are sensitive to the touch



DISCUSS with your doctor right away to see if it could be skin cancer

- **Schedule** regular skin checks with your dermatologist. When skin cancer is detected early, it is 99% treatable.

