

## **Information about Skin Cancer Prevention**

There are two types of skin cancer, non-melanoma (NMSC) and melanoma skin cancer. Melanoma is more serious. Most skin cancers come from getting too much sun and/or using tanning beds. Both give off a type of radiation (UV) that can harm skin cells and lead to skin cancer.

### **Tips to help you prevent skin cancer**

#### **BE SUN WISE**

Since UV radiation (even on **cloudy days**) causes skin cancer, it is important that you protect yourself against these harmful UV rays.

- Stay in the shade as much as possible. About 11 am to 3 pm is the most serious time for the sun's rays to damage your skin.
- Cover as much skin as you can (collar, long sleeves/pants), when you cannot stay out of the sun.
- Wear a hat large enough to shade your face, head, ears and neck and wear sunglasses (wraparounds).
- Use sunscreen with a sun protection factor (SPF) of at least 30 or more. Make sure it includes both UVA and UVB protection (broad spectrum). The label will give you this information.



Summer Image created by: [www.freepik.com](http://www.freepik.com)

#### **Sunscreens that are recommended by professionals can be found at:**

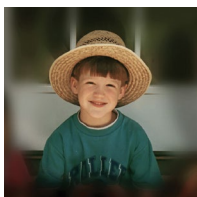
<https://dermatology.ca/public-patients/recognized-products/sunscreen/>



- Put on sunscreen 20 minutes before going outside and put lots on children. Remember to include ears, nose, lips and tops of feet. Put sunscreen on again every two hours and after swimming/drying off. That includes if you or your children are sweating heavily (even when the sunscreen says it is waterproof or water-resistant).
- Avoid tanning and **never** use indoor tanning beds. There is no such thing as a base tan that will “protect you” from getting sunburned.

#### **Sun “mistakes” that can lead to sunburn**

- Falling asleep in the sun (such as at the beach or on a patio).
- Playing near water, white sand or snow—you are twice as likely to get sunburned.
- Drinking alcohol and not being aware of how much sun you are getting.
- Not putting on ENOUGH sunscreen: most people use about **half** of what is needed. Try putting on twice as much as you think is enough.
- A tan does not protect you from getting a sunburn.
- Having darker skin does not automatically protect you from sunburn. You still need to wear sunscreen, hat and protective clothing outdoors.
- Being outdoors on a cloudy or cold day without sunscreen on exposed skin.



#### **Babies and young children:** Should NOT be out in the sun at all if possible.

Keep hats and clothes on babies and young children and make sure they are in the shade as much as possible. Although the Canadian Dermatology Association says that sunscreen can be used on babies under 6 months, it is better to keep them totally out of the sun (such as covered in a stroller). For babies older than 6 months and young children, sunscreen can be put on skin (face, backs of hands, tops of feet) that is not covered by clothing and a big hat.

