Examples of skin cancer

A flat, red spot that is rough, dry, or scaly

Small, smooth, shiny, pale, or waxy lump

A lump that bleeds or develops a crust

Firm, red lump

The Sun Safe Kid Program was developed by the Alabama Department of Public Health – Cancer Prevention Division and the Alabama Cooperative Extension System – Mobile County.

Funds provided by the Centers for Disease Control and Prevention, grant #CCU 421939-01.

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For more information, call your county Extension office. Look in your telephone directory under your county’s name to find the number.

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2004, New June 2004, HE-821

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One in every five Americans will develop skin cancer in their lifetime. It may or may not cause death, but it can be painful and disfiguring. Skin cancer is one of the most preventable forms of cancer when some or all of the sun safety tips presented in this brochure are used.

**Sun Safe Tips**

- Wear tightly woven, loose fitting clothing.
- Wear a wide-brimmed hat.
- Use sunglasses that provide both UVA and UVB protection.
- Reduce sun exposure from 10 a.m. to 4 p.m.
- Find shade, trees, or physical structures between 10 a.m. and 4 p.m.
- Apply sunscreen to exposed skin 30 minutes before going outdoors.
- Use SPF 15 or higher.

**Infants and children have the most delicate skin and the most years ahead of them to receive cumulative damage.**

**Good things about the sun**

- It brightens up the day.
- It makes us warm.
- It helps all living things grow.

**Bad things about the sun**

- It can cause sunburn.
- It can cause the skin to wrinkle.
- It can damage the eyes.
- It can cause skin cancer.

**What is skin cancer?**

People of all races are affected by skin cancer.

Avoiding sunburn is the single most important health education issue for skin cancer.