



Skin Cancer

Awareness & Prevention

SLIP, SLOP, SLAP:

- SLIP on a shirt!
(w/ long sleeves & pants)
- SLOP on sunscreen!
(SPF 15 or higher
on sunny & cloudy days)
- SLAP on a hat!
(and sunglasses)

Check your skin for:

- Sores that won't go away.
- Red patches.
- Change in size, shape, or color of moles.
- Moles that grow quickly, bleed, or itch.

Be sure to:

- Stay out of the sun in the middle of the day (10 am to 4 pm).
- Talk to a health provider about changes in your skin. Also, talk to a pharmacist about meds that increase your sensitivity to the sun.
- Look for sunscreen & skin care products at the SHAC Pharmacy.

Found early, most cases of skin cancer can be cured.

