



THE UNIVERSITY OF ARIZONA
Cancer Center
Skin Cancer Institute

Save your skin from sun damage!
Take Action...Follow the **ACE** plan

A...Avoid too much sun

C...Cover Up

E...Examine your skin

Avoid Too Much Sun

- ✓ Stay out of the sun as much as possible between 10am and 4pm when sun rays are the strongest.
- ✓ When you are outside...Seek Shade.
- ✓ Avoid burns and tans from both the sun and tanning beds.
- ✓ Avoid exposure to reflective surfaces such as water, glass, concrete, sand, and snow.

Cover Up

- ✓ Wear long sleeved shirts and long pants. Dark colors and tight weaves are best.
- ✓ Wear a wide-brimmed hat that covers your head, face, ears, and neck.
- ✓ Wear sunglasses that have large frames and block 99-100% of UVA and UVB rays.
- ✓ Use a broad-spectrum sunscreen with a sun protection factor (SPF) of 30 or higher.
- ✓ Don't forget to use a lip balm with SPF to protect your lips.
- ✓ Reapply sunscreen every 2 hours when you're out in the sun.

Examine Your Skin

- ✓ If you find skin cancer early, it is usually very treatable.
- ✓ Look at your skin once a month for new or changing spots, bumps, or moles. See your healthcare provider as soon as possible if you find something suspicious.
- ✓ Have your healthcare provider check your skin regularly.