

PROTECT YOUR SKIN, PROTECT YOUR FUTURE.



Skin Cancer affects everyone.
Native Americans have one of the highest rates.

The ☀️ (sun in Osage) brings warmth and strength to our medicines, our food, and our spirits. Taking simple steps like using shade, sunscreen, and checking our skin helps us enjoy the sun while staying healthy.



SUN SAFETY TIPS



Seek shade when outdoors



Use sunscreen SPF 30+
-Reapply every 2 hours



Wear hats, long sleeves, and UV-protective sunglasses



Use lip balm with SPF



Some medicines increase sun sensitivity
-Check with your healthcare provider or pharmacist to see if your medications increase sun sensitivity



CHECK YOUR SKIN

- Learn what's normal for your skin
- Check your skin head to toe
- Watch for spots that change, bleed, or don't heal
- Get a skin check once a year- you can start by seeing your primary care provider



The sun is brightest between **10 a.m. and 4 p.m.** Be sure to protect your skin.



A B C D E

rule for early detection of melanoma (type of skin cancer)



A Asymmetry
(one half of the mole looks different than the other half)



B Borders
(the outer edges are uneven)



C Color
(dark black or have multiple colors)



D Diameter
(greater than 6mm)



E Evolving
(change in size, shape and color)

SCAN THE
QR CODE

