

**PARENTS...**

# Save the Skin Your Child Is In!

*Help Prevent Skin Cancer*

Skin cancer is the most commonly diagnosed cancer in the United States. The biggest risk for skin cancer is unprotected exposure to the sun during childhood. Most skin cancer is preventable.



## Four simple steps to protect your children



*Limit the amount of time they spend in the sun, especially between 10 am and 4 pm*



*Use sunscreen with an SPF (sun protection factor) of 15 or higher*



*Dress them in wide-brimmed hats, long-sleeved shirts, long shorts or pants, and sunglasses*



*Use shade or umbrellas whenever possible*

For more information about skin cancer, contact the New York State Department of Health's Growing Up Healthy Hotline at 1-800-522-5006.

