



McHenry County Department of Health

MCDH

*"Working to prevent disease and promote health and safety
for all people of McHenry County since 1966."*

How to Protect Yourself Against Skin Cancer

Did you know that skin cancer is easily preventable and highly curable if detected early?

Prevention Guidelines:

- ☀ Whenever possible, avoid direct sunlight between 10 a.m. and 4 p.m.
- ☀ Wear protective clothing, such as a broad-brimmed hat, a long-sleeved shirt, and long pants when working or relaxing outside.
- ☀ Wear sunglasses with ultraviolet (UV) ray protection.
- ☀ Apply a sunscreen lotion with a sun protection factor (SPF) of 15 or higher about a ½ hour before going outside. *Sunscreens are not recommended for infants younger than 6 months.
- ☀ Reapply sunscreen every two hours and after swimming or sweating.
- ☀ Check your medicine cabinet and personal care products and follow any recommendations to avoid sun exposure.
- ☀ Avoid sun lamps and tanning booths.



You should do a complete self-examination of your skin at least once a month.

- Have someone else check the areas you can't see, such as your back and scalp.
- Melanoma is the most deadly form of skin cancer, and it can spread rapidly.

When looking for signs of melanoma and other skin cancers, remember the ABCD rule:

- **A** is for **ASYMMETRY**: One-half of a mole or birthmark does not match the other.
- **B** is for **BORDER**: The edges are irregular, ragged, notched, or blurred.
- **C** is for **COLOR**: The color is not the same all over, but may have differing shades of brown or black, sometimes with patches of red, white, or blue.
- **D** is for **DIAMETER**: The area is larger than 6 millimeters (about the size of a pencil eraser), or is growing larger.

Make Healthy Living a Part of Your Life

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