

Skin Cancer

- Skin cancer is the most common and the most preventable type of cancer.
- Ultraviolet rays from the sun - even on cloudy days - can damage your skin and cause skin cancer.
- Protecting yourself with sunscreen (UVA and UVB), a hat, and sunglasses is the best way to protect your skin and eyes from the sun.
- Everyone is at risk no matter how light or dark your skin may be.



An example of melanoma,
a type of skin cancer

Call **1-866-783-2645** (toll-free) to receive a FREE hat and booklet, answers to all your health questions, and low-cost health care providers near you.

For more information visit
www.nuestrasvoces.org



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