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TO TAKE ADVANTAGE
OF THIS SPECIAL OFFER
TODAY!

National Alliance for Hispanic Health
1501 16th St. NW
Washington, DC 20036-1401

Tips to protect your skin:

1. Check your skin regularly. If you notice any moles that have changed or are new see a health care provider.
2. Do not use tanning beds or lamps.
3. Avoid the sun between 10 am and 4 pm.
4. Make sure the sunscreen you use states “broad spectrum” on the label. This protects against UVA and UVB rays.
5. Apply sunscreen 15 to 30 minutes before going outdoors.
6. Always reapply sunscreen at least every two hours when outside, after swimming, or after sweating.
7. Cover up by wearing a hat, shirt, and sunglasses.