

# SUN SAFETY

More people are diagnosed with skin cancer each year in the U.S. than all other cancers combined. At least one in five Americans will develop skin cancer by the age of 70.

Excellus 



**Skin cancer affects people of all races. People of color are often diagnosed with skin cancer at a later stage and have worse outcomes. Skin cancer represents:**



**1% TO 2%**  
of all cancers in  
**BLACK PEOPLE**



**2% TO 4%**  
of all cancers in  
**ASIAN PEOPLE**



**4% TO 5%**  
of all cancers in  
**HISPANIC PEOPLE**



**35% TO 45%**  
of all cancers in  
**WHITE PEOPLE<sup>1</sup>**



## SUNSCREEN

The Sun Protection Factor (SPF) number in a sunscreen tells you how long the sun's UV radiation would take to redden your skin when using the product exactly as directed versus the amount of time without any sunscreen. So ideally, with SPF 30 it would take you 30 times longer to burn than if you weren't wearing sunscreen.

The Skin Cancer Foundation recommends a water-resistant, broad-spectrum sunscreen with an SPF of 30 or higher for any extended outdoor activity. Regardless of the SPF, though, it's important to apply one ounce (two tablespoons) 30 minutes before going outside and reapply it every two hours or immediately after swimming or sweating.<sup>2</sup>

# PROTECT YOUR SKIN FROM THE SUN WITH:



**Shade**, especially between 10:00 AM and 4:00 PM.



**Hats** with a wide brim that goes all the way around.



**Sunglasses**  
They look cool!



**Clothing.** It is the most effective form of sun protection. Long sleeves and long pants or skirt are best. Darker colors and tighter weaves provide more protection than lighter colors and loose weaves.



**Sunscreen.** Currently, the American Academy of Dermatology recommends daily use of a broad-spectrum, water-resistant sunscreen with SPF 30 or higher. Reapply every 2 hours and after sweating or swimming



**EARLY DETECTION:** Do a monthly skin self-exam and see a dermatologist annually (or more often if you find something suspicious).

Sources:

1 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2757062/>

2 <https://www.skincancer.org/blog/ask-the-expert-does-a-high-spf-protect-my-skin-better/>

A nonprofit independent licensee of the Blue Cross Blue Shield Association

Our Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-547-7710 (TTY: 1-800-662-1220).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-855-547-7710 (TTY: 1-800-662-1220)。

Excellus  