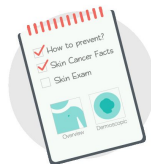


What can I do (or avoid) to stay protected?

There are plenty of things you can do to protect your skin, prevent skin cancer, or detect it in its early stages. Although there are many things you can do, here are the top things (click the titles to learn more):

- ❑ [Wear sunscreen](#)- this is something simple we all know. Wearing a hat and covering up are your main lines of defense against the sun.
- ❑ [Wear a hat/sunglasses](#)- another obvious one that a lot of people dismiss. Any part of your skin overexposed to the sun can be damaged- that includes your eyes and head!
- ❑ [Monthly skin check](#)- Was that mole there last year? Yes? No? I don't know? A skin check lets you get familiar with your spots and alerts you to anything new or changing. Never done a skin check before? Learn how by clicking Monthly Skin Check!
- ❑ [ABCDEs](#)- Asymmetry, (irregular) Border, (many) Colors, (wide) Diameter, and Evolution are the key symptoms to look for when finding melanoma. When in doubt, ask your doctor.
- ❑ [Awareness/education](#)- the more you know, the better! The best way to fight skin cancer is to know what you can do to protect yourself and your loved ones.
- ❑ [Avoid tanning beds](#)- this might seem like an obvious one, but indoor tanning alone causes roughly 400,000 cases of skin cancer in the U.S. each year!



Following these tricks is a fantastic way to maintain your skin health so you can enjoy a guilt-free summer! Still want to learn more facts about skin cancer, how you can make a difference, and other helpful info? Check out our [blog](#) for updates!