

July

# SUN SAFETY MONTH



## Why is this important?

Skin cancer is the most common type of cancer in the U.S. by far. According to one estimate, about 5.4 million cases of skin cancer are diagnosed among 3.3 million people each year. (Many people are diagnosed with more than one spot of skin cancer at the same time.) The number of skin cancers among people 50 and older has been increasing for many years. This is probably a combination of better skin cancer detection, people getting more sun exposure and people living longer.

## What individuals can do :



Check your skin. Follow the instructions found on the American Cancer Society [website](#).



Take the [Sun Safety Quiz](#).



Check out [cancer.org](https://www.cancer.org) for more quizzes, videos and resources on how UV exposure, how to protect yourself, how to check your skin and to learn more about skin cancer.

**Sources:** American Cancer Society. <https://www.cancer.org/healthy/be-safe-in-sun.html>

Monthly Health Observances

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