

# PROTECT YOUR



Protecting yourself from skin cancer is easy. Make it a daily habit to seek shade, wear protective clothing and use sunscreen. Do not use tanning beds.

To find a dermatologist, a free **SPOTme**<sup>®</sup> skin cancer screening, or to learn more about skin cancer detection and prevention, visit [www.SpotSkinCancer.org](http://www.SpotSkinCancer.org).

