

10 Golden Rules

1. Wear a hat, protective clothing and sunglasses
2. Use a broad spectrum and SPF 15 or 30+ sunscreen
3. Stay out of the sun during its peak period 11am-3pm
4. Don't completely avoid the sun, as it is essential to good health
5. Participate in some form of regular skin screening
6. Report promptly newly developing or changing lesions
7. Be certain your skin cancer is correctly diagnosed before it is treated
8. Ensure that you understand all treatment options for your skin cancer
9. Don't be swayed by miracle cures or by treatment that seems too easy
10. Skin cancer is curable if detected and treated early