

Skin Cancer Prevention Month

Sponsor: [American Academy of Dermatology](#)

<https://healthfinder.gov/nho/MayToolkit2.aspx>



Skin cancer is the most common type of cancer in the United States. Ultraviolet (UV) radiation from the sun is the main cause of skin cancer. UV radiation can also come from tanning booths or sunlamps. The most dangerous kind of skin cancer is called melanoma.

The good news? Skin cancer can almost always be cured when it's found and treated early – and that includes melanoma. We can work together to prevent skin cancer or find it early, when it's easier to treat.

This May, spread the word about strategies for preventing skin cancer and encourage organizations, communities, and families to get involved.

How can Skin Cancer Prevention Month make a difference?

We can use this month to raise awareness about skin cancer and help people take action to prevent or detect it – both at home and in the community.

Here are just a few ideas:

- Encourage families to adopt good habits together, like wearing sunscreen with SPF 15 or higher and limiting their time in the sun.
- Motivate teachers and administrators to educate kids about the harm of UV radiation and why it's important to protect yourself.
- Identify youth leaders in your community who can talk to their peers about how to prevent skin cancer.
- Partner with a local hospital, state fair, or similar organization to host a skin cancer screening event.