Tanning beds are a big no-no! Getting an even, all-over tan means you have exposed all of your skin to harmful rays. Getting a “base tan” is not a good idea! It does not protect you from further damage.

Avoid getting a sunburn! Many Baby Boomers are now realizing the extent of the harm they did to their skin in their youth.

Use sunscreen with an SPF of 15 or higher. Ideally, you should always wear sunscreen when outdoors, even if you don’t plan to be in the sun. Don’t forget; you can get a sunburn while driving your car! If you’re going in the water or sweating a lot, be sure to re-apply regularly.

Wear appropriate clothing to help protect your skin, including a hat and sunglasses.

Between the hours of 10 AM and 4 PM, stay in the shade as much as possible.

In addition to taking steps to prevent skin cancer, be sure to regularly check your body for any new or unusual spots, freckles, or moles. This means looking between your fingers and toes, too! Once exposed to the sun, your skin has been placed at risk, often in areas you wouldn’t normally think about.

If you find anything that looks suspicious, see a dermatologist right away. When spotted early, skin cancer is highly treatable. Your skin protects you. Return the favor!