Check your skin for sun damage.

It’s as easy as 1, 2.

#1 Look everywhere once a month.
- disrobe fully
- check everywhere you can see
- don’t forget your scalp
- ...and your back
- ...and the back of your legs
- ...and the soles of your feet

#2 Check for changing moles or spots.
- basal cell cancer
- squamous cell cancer
- melanoma

Well, there *is* a #3

See your doctor with any concerns.

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