

Know Your Skin Type & Risk for Skin Cancer



HIGHEST RISK

Take more precautions

**Fair skin needs
added protection**

**Risk for skin cancer
is high**

**Use sun protection
every day**

**Avoid
sunburning**



**Check your skin and
nails often and report
odd changes or dark
spots to a doctor**

LOWEST RISK

Take less precautions

**Dark skin provides some
natural sun protection**

**Risk for skin cancer is low,
but not zero**

**Use sun protection on
high UV days**

**Skin cancer often
diagnosed at later stages
that are harder to treat**