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| May |  |
|  | 2018 |
| Melanoma/Skin Cancer Detection and Prevention |  |

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  | 1 | 2 | 3 | 4 | 5 |
|  |  | May is Melanoma/Skin Cancer Detection and Prevention Month! Take these steps to protect yourself from #SkinCancer: <http://1.usa.gov/1G8qOTW>. |  | #DYK? #SkinCancer is the most common type of cancer in the U.S. Learn more: <http://1.usa.gov/1AZDGpd>. |  | Ultraviolet (UV) radiation from the sun is the main cause of #SkinCancer. Learn more: <http://bit.ly/2mxjLDq> |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|  | UV damage can also cause wrinkles and blotches or spots on your skin |  | Skin cancer affects people of all ages, including older adults. Get the facts: <http://1.usa.gov/jt7vYY> |  | You can protect yourself from #SkinCancer by doing regular skin self-exams. Learn how: <http://1.usa.gov/1nZSlRU> |  |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
|  |  | Health Tip: Put sunscreen on 30 minutes before you go outside to help prevent #SkinCancer. For more tips: <http://bit.ly/1Vc9PJt> |  | Be cool and wear your shades – UV rays can hurt your eyes. Get more tips to keep your eyes healthy: <http://bit.ly/1zNmQ1e> |  | **Use sunscreen with SPF 15 or higher.**  **Put on sunscreen every 2 hours and after you swim or sweat.** |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
|  |  |  | Stay out of the sun as much as possible between 10 a.m. and 4 p.m. |  |  |  |
| 27 | 28 | 29 | 30 | 31 |  |  |
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For more information visit <https://www.skincancer.org/>