



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY






المدينة الطبية الأكاديمية | AMC . IAU

مستشفى الملك فهد الجامعي
King Fahd University Hospital

Skin Cancer Awareness Month

Here are **6**

Tips to Protect you from Skin Cancer

-  Avoid sun bathing and tanning bed.
-  Apply a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher
-  When outdoors, reapply sunscreen every two hours, or after swimming or sweating.
-  Try to avoid the sun especially between 10 AM to 2 PM.
-  Perform regular skin self-exams to detect skin cancer early, when it's most treatable, and see a specialist dermatologist if you notice new or suspicious spots on your skin, or anything changing, itching or bleeding

وحدة التوعية الصحية
Health Awareness Unit

