



July 2025

Sun Safety & Skin Cancer

The summer is a great for spending time outside, but it can come at a risk during these hot months. At WellSky, we want you to enjoy these summer days while also being aware of the potential dangers that come with it.

Skin Cancer 101: What Every Teammate Should Know

Skin cancer is the most common form of cancer in the U.S., and it's largely preventable. Understanding the types and warning signs can help teammate take proactive steps to protect themselves. Early detection of any potential signs could save lives and money out of your pocket. Below you will find the "ABCDEs of Melanoma" to help detect skin cancer.

- **A**symmetry
- **B**order irregularity
- **C**olor variation
- **D**iameter larger than 6mm
- **E**volving shape, size, or color

Know the Risks

- **UV exposure** is the leading cause of most skin cancers, including melanoma.
- People with **fair skin, freckles**, or a **family history of skin cancer** are at higher risk.
- Tanning beds and sunburns – especially **early in life** – can significantly increase your lifetime risk.

Sun Safety Tips for the Summer

As stated earlier, skin cancer is highly preventable. To enjoy the outdoors without the risk of skin cancer, below are some tips to keep yourself safe:

- **Apply Sunscreen Daily** – using a broad-spectrum sunscreen with SPF 30 or higher, applying 15-30 minutes before going outside and reapplying every 2 hours.
- **Wear Protective Clothing** – if you're more prone to being sunburnt, wearing long-sleeved shirts, pants, or wide-brimmed hats can be a great way to protect from the sun. Look for clothing labeled with UPF (Ultraviolet Protection Factor).
- **Check the UV Index** – use weather apps or websites to monitor the UV Index and plan outdoor activities accordingly.

To learn more about skin cancer, the risks associated with skin cancer, and how to protect yourself in the sun this summer, visit the CDC article [here](#).