

Skin Cancer Awareness Month



<mark>جامعة الإما& عبد الرحمن بن فيصل</mark> IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي King Fahad Hospital The University

Here are **D** Tips to Protect you from Skin Cancer



Avoid sun bathing and tanning bed

Apply sunscreen SPF 30 broad spectrum every two hours or more



Exercise regularly



Eat fresh vegetables and fruits on a daily basis



Stay away from processed meat and eat a healthy diet

Stay away from smoking