

Check your skin for sun damage.

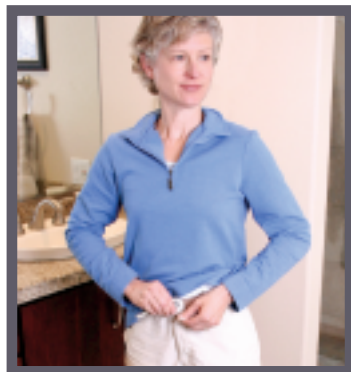
It's as easy as 1, 2.

#1

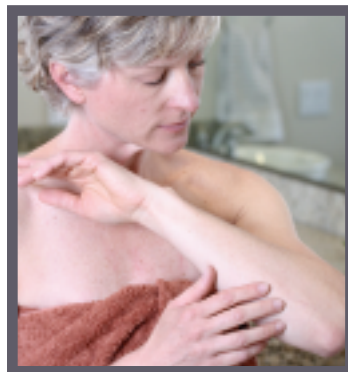
Look everywhere once a month.

#2

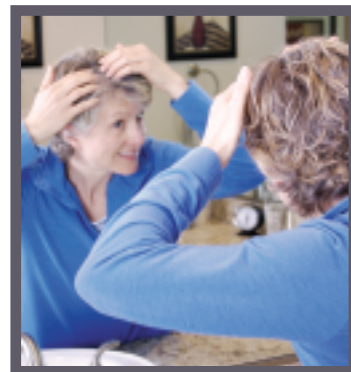
Check for changing moles or spots.



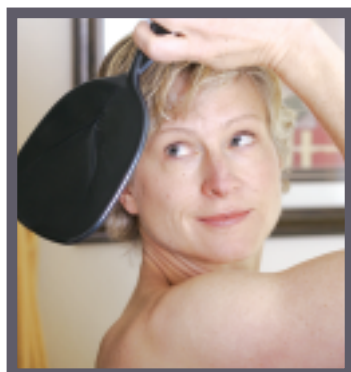
disrobe fully



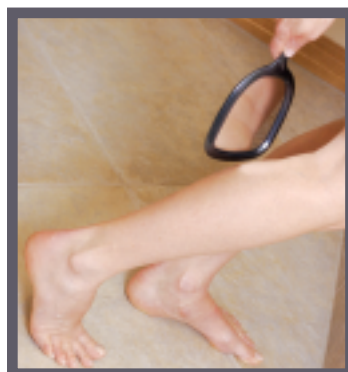
check everywhere you can see



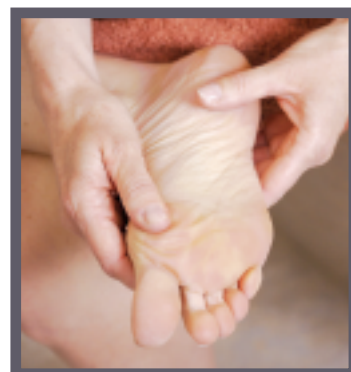
don't forget your scalp



...and your back



...and the back of your legs



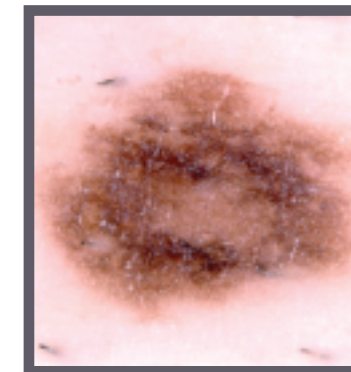
...and the soles of your feet



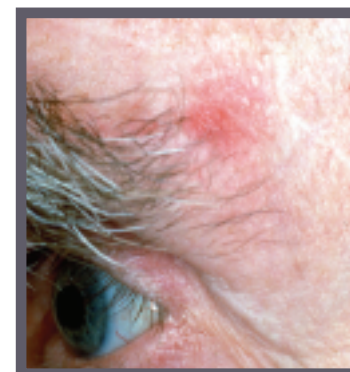
basal cell cancer



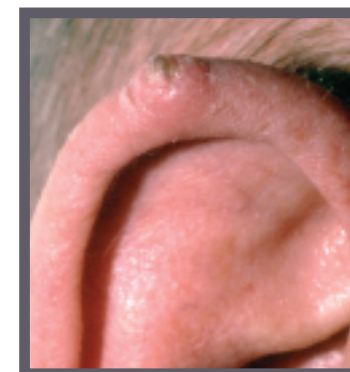
squamous cell cancer



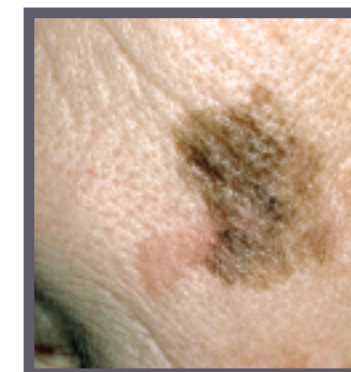
melanoma



basal cell cancer



squamous cell cancer



melanoma

Well, there **is** a #3
See your doctor with any concerns.

This program is sponsored by the Cancer, Cardiovascular Disease, and Pulmonary Disease Grants Program at the Colorado Department of Public Health and Environment.

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