

Catching Melanoma Early

A Guide to Healthy Skin


Guess what?

Keeping your skin healthy is very important!

You know your skin best. Check your skin once each month and you will get smart about your skin. You might notice birthmarks, freckles, moles or spots that change, itch, bleed or don't go away. If you notice something like this, talk to your parents or an adult you trust and ask them to make an appointment with your doctor, if needed!



Look at your hands, nails, fingers, feet and between the toes!



Look at your legs, back, shoulders and bottom! Use a mirror if you need to!



Look at your face, head, neck and ears! Use a mirror if you need to!



Look at your chest and belly!



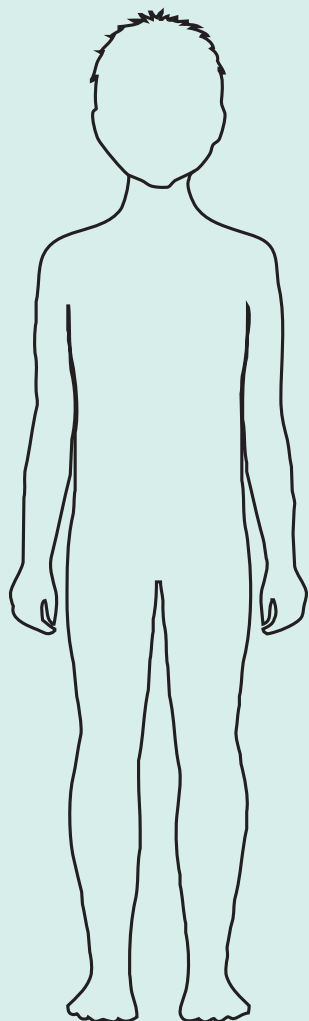
Find us online: www.melanoma.org



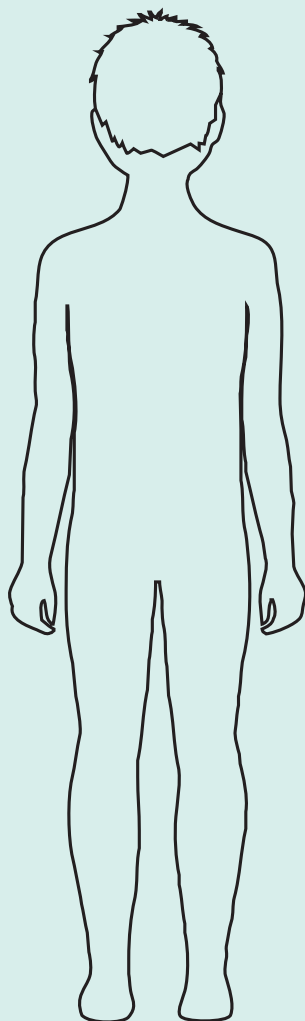
SELF SCREENING GUIDE

GRAB A PEN AND KEEP TRACK OF YOUR BIRTHMARKS, FRECKLES, MOLES OR SPOTS HERE!

Front of my body:



Back of my body:



My face:



DO THIS ONCE EACH MONTH!



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