Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

How to Protect Your Skin From the Sun

This video describes the types of radiation the sun gives off and ways to protect yourself from the sun to prevent skin cancers.

Please visit www.mskcc.org/pe/protect-your-skin to watch this video.

This video was published in February 2022. It was last reviewed for accuracy in May 2026.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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