



SOS (Save Our Skin)

NDSU

EXTENSION

NORTH
Dakota Be Legendary.
Health & Human Services

B	I	N	G	O
Basal cell carcinoma	Ears	3 years	1/4 inch	Once a month
3 or higher	Men	Very fair	Broad spectrum	20-30%
30 minutes	800 IU		Exposure to UV light	Long sleeves
30 SPF or higher	90%	Sunglasses	1 ounce	Every 2 hours
Squamous cell carcinoma	Atypical moles	Once a year	15 minutes	Melanoma



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B	I	N	G	O
Long sleeves	30 minutes	Basal cell carcinoma	Squamous cell carcinoma	Ears
Broad spectrum	15 minutes	20-30%	Men	90%
3 years	1 ounce		Very fair	30 SPF or higher
3 or higher	Atypical moles	800 IU	Once a month	1/4 inch
Every 2 hours	Melanoma	Once a year	Sunglasses	Exposure to UV light



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B	I	N	G	O
30 SPF or higher	Every 2 hours	30 minutes	Long sleeves	Once a year
90%	Squamous cell carcinoma	Atypical moles	Sunglasses	3 or higher
1/4 inch	20-30%		Basal cell carcinoma	Ears
Once a month	15 minutes	800 IU	Broad spectrum	Men
1 ounce	3 years	Exposure to UV light	Very fair	Melanoma



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B	I	N	G	O
800 IU	30 minutes	Melanoma	3 years	15 minutes
Every 2 hours	Once a year	Sunglasses	Very fair	3 or higher
30 SPF or higher	Broad spectrum		Atypical moles	Exposure to UV light
Squamous cell carcinoma	Long sleeves	90%	20-30%	1/4 inch
Basal cell carcinoma	1 ounce	Men	Once a month	Ears



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B	I	N	G	O
3 years	Very fair	Every 2 hours	30 SPF or higher	1 ounce
Men	Melanoma	Exposure to UV light	1/4 inch	15 minutes
30 minutes	Long sleeves		Sunglasses	3 or higher
Ears	Atypical moles	800 IU	Once a year	Once a month
20-30%	Basal cell carcinoma	90%	Squamous cell carcinoma	Broad spectrum



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B	I	N	G	O
Atypical moles	15 minutes	Ears	Sunglasses	30 SPF or higher
Very fair	Once a month	Every 2 hours	90%	Basal cell carcinoma
Men	Once a year		3 or higher	1 ounce
800 IU	20-30%	Squamous cell carcinoma	Melanoma	Long sleeves
Exposure to UV light	30 minutes	Broad spectrum	1/4 inch	3 years



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B	I	N	G	O
Sunglasses	1 ounce	Basal cell carcinoma	Exposure to UV light	Squamous cell carcinoma
3 or higher	Ears	Men	Atypical moles	90%
15 minutes	Long sleeves		Very fair	Once a year
30 SPF or higher	Once a month	Melanoma	3 years	30 minutes
800 IU	Broad spectrum	1/4 inch	20-30%	Every 2 hours



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800 IU	1/4 inch	Melanoma	90%	3 years
Very fair	Ears	30 minutes	15 minutes	Men
Broad spectrum	1 ounce		20-30%	Once a month
Exposure to UV light	Long sleeves	Squamous cell carcinoma	3 or higher	30 SPF or higher
Atypical moles	Every 2 hours	Once a year	Sunglasses	Basal cell carcinoma



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B	I	N	G	O
Very fair	Squamous cell carcinoma	Melanoma	Once a year	Broad spectrum
Once a month	20-30%	Basal cell carcinoma	Sunglasses	30 minutes
90%	1/4 inch		Men	30 SPF or higher
3 years	15 minutes	1 ounce	Exposure to UV light	Long sleeves
800 IU	3 or higher	Atypical moles	Ears	Every 2 hours



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15 minutes	Very fair	20-30%	Men	Sunglasses
3 years	Melanoma	Ears	30 minutes	Long sleeves
1/4 inch	Atypical moles		Every 2 hours	Once a year
Broad spectrum	Basal cell carcinoma	3 or higher	Exposure to UV light	Squamous cell carcinoma
800 IU	30 SPF or higher	Once a month	90%	1 ounce



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B	I	N	G	O
Basal cell carcinoma	Broad spectrum	Very fair	Every 2 hours	30 minutes
Ears	90%	800 IU	Squamous cell carcinoma	15 minutes
20-30%	1 ounce		Men	Once a year
1/4 inch	Long sleeves	Exposure to UV light	Once a month	30 SPF or higher
Sunglasses	3 or higher	Melanoma	3 years	Atypical moles



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Squamous cell carcinoma	3 years	Ears	800 IU	Exposure to UV light
1/4 inch	Every 2 hours	Atypical moles	Basal cell carcinoma	Once a month
Long sleeves	3 or higher		20-30%	30 SPF or higher
Men	30 minutes	90%	15 minutes	Broad spectrum
Very fair	1 ounce	Once a year	Melanoma	Sunglasses



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Atypical moles	3 or higher	Squamous cell carcinoma	Broad spectrum	90%
800 IU	20-30%	30 minutes	15 minutes	Once a month
Very fair	Exposure to UV light		Sunglasses	Once a year
1/4 inch	30 SPF or higher	Every 2 hours	Men	Melanoma
Basal cell carcinoma	Long sleeves	3 years	1 ounce	Ears



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90%	Men	30 SPF or higher	Sunglasses	20-30%
Basal cell carcinoma	3 years		1/4 inch	15 minutes
Broad spectrum	Every 2 hours	Exposure to UV light	Squamous cell carcinoma	1 ounce
30 minutes	Long sleeves	Once a month	Very fair	3 or higher



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Broad spectrum	1 ounce	Very fair	90%	Men
30 minutes	20-30%		Squamous cell carcinoma	Basal cell carcinoma
3 years	Once a month	3 or higher	Long sleeves	800 IU
Sunglasses	30 SPF or higher	Exposure to UV light	Ears	15 minutes



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30 minutes	20-30%	Melanoma	1 ounce	Once a year
Ears	Long sleeves		Atypical moles	3 years
Every 2 hours	30 SPF or higher	Broad spectrum	90%	Men
Once a month	3 or higher	15 minutes	Exposure to UV light	Basal cell carcinoma



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Basal cell carcinoma	Broad spectrum	15 minutes	Long sleeves	Atypical moles
Once a month	90%	Exposure to UV light	3 years	Every 2 hours
1/4 inch	Once a year		800 IU	30 minutes
1 ounce	Men	Sunglasses	Ears	Very fair
Melanoma	Squamous cell carcinoma	30 SPF or higher	3 or higher	20-30%



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30 SPF or higher	Men	Every 2 hours	Once a year	Very fair
3 or higher	15 minutes	Broad spectrum	Basal cell carcinoma	Sunglasses
1 ounce	30 minutes		Once a month	90%
20-30%	3 years	800 IU	Melanoma	Atypical moles
Exposure to UV light	Ears	Long sleeves	Squamous cell carcinoma	1/4 inch



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30 minutes	1 ounce	Once a month	90%	Very fair
30 SPF or higher	1/4 inch	Men	Long sleeves	3 or higher
Ears	Squamous cell carcinoma		Broad spectrum	Sunglasses
Atypical moles	15 minutes	Exposure to UV light	Once a year	Melanoma
20-30%	3 years	Basal cell carcinoma	800 IU	Every 2 hours



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Broad spectrum	Long sleeves	1/4 inch	Once a month	1 ounce
Every 2 hours	Basal cell carcinoma		Squamous cell carcinoma	20-30%
15 minutes	800 IU	30 SPF or higher	Atypical moles	Once a year
Men	30 minutes	3 or higher	Very fair	Melanoma



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1 ounce	Ears	800 IU	Melanoma	Once a month
3 years	Every 2 hours		Atypical moles	Squamous cell carcinoma
30 SPF or higher	3 or higher	Basal cell carcinoma	Exposure to UV light	Sunglasses
Once a year	1/4 inch	90%	Very fair	30 minutes



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Squamous cell carcinoma	90%	Ears	3 years	30 SPF or higher
Every 2 hours	20-30%	Melanoma	3 or higher	Atypical moles
Sunglasses	15 minutes		Exposure to UV light	800 IU
Basal cell carcinoma	Very fair	1 ounce	Broad spectrum	Once a year
Once a month	1/4 inch	30 minutes	Men	Long sleeves



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Melanoma	Sunglasses	Squamous cell carcinoma	Long sleeves	800 IU
20-30%	Atypical moles	Very fair	Basal cell carcinoma	Broad spectrum
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30 SPF or higher	Every 2 hours	Ears	Exposure to UV light	90%
1/4 inch	30 minutes	Men	Once a month	3 years



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Once a month	1 ounce	Very fair	Broad spectrum	Squamous cell carcinoma



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1/4 inch	3 or higher		3 years	90%
Once a year	Exposure to UV light	20-30%	Very fair	15 minutes
Once a month	Basal cell carcinoma	Every 2 hours	Melanoma	Atypical moles



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