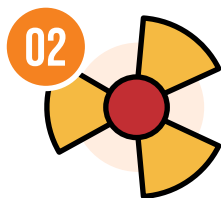


SEVEN STEPS TO PREVENT CANCER



AVOID TOBACCO USE

- Quit smoking; In the United States, cigarette smoking is linked to 80% to 90% of lung cancer deaths.
- Limit your exposure to second-hand smoke.
- Visit [QuitNowVirginia.org](https://www.quitnowvirginia.org) to learn how you can quit smoking.



LOWER YOUR EXPOSURE TO RADON

- Test your home for exposure. If your home tests positive for radon, take steps to lower radon levels. Order discounted radon home test kits at [VDHRRadon.org](https://www.vdhradon.org).
- Follow occupational safety procedures if exposed at work.
- Radon exposure in combination with smoking puts you at greater risk of developing lung cancer.



BE PHYSICALLY ACTIVE

- Adults should get at least 150 minutes of moderate-intensity or 75 minutes of vigorous intensity aerobic activity per week, plus muscle strengthening involving all major muscle groups at least twice a week.
- Children and adolescents should have 60 minutes or more of physical activity daily.



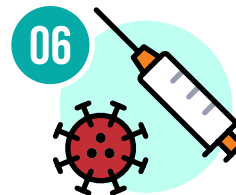
MAINTAIN A HEALTHY WEIGHT

- Having excessive weight or obesity are associated with a higher risk of 13 types of cancer.
- Healthy eating, optimal sleep, and stress reduction are important for managing weight as you age.



PROTECT YOUR SKIN

- Exposure to UV is the greatest factor in developing skin cancer – the most commonly diagnosed cancer in the United States.
- Use a broad spectrum sunscreen with SPF 15 or higher.
- Seek shade, especially 10 am - 4 pm.
- Wear sun protective clothing, which covers your arms and legs.
- Wear a wide brimmed hat to protect your face and neck.
- Wear sunglasses that block UVA and UVB rays.
- Avoid indoor tanning.



UTILIZE CANCER PREVENTION VACCINATIONS

- Human Papillomavirus (HPV) can cause anal, cervical, oropharyngeal, penile, vaginal, and vulvar cancers. HPV immunization can protect males and females from these cancers when administered as recommended in two doses at age 11 or 12.
- Hepatitis B occurs when the hepatitis B virus (HBV) attacks the liver. It can cause can cause lifelong infection, cirrhosis of the liver, liver cancer, liver failure, and death. A vaccination is available for all ages to prevent HBV.



LIMIT ALCOHOL

- Limit alcohol consumption to 1 drink per day for women and 2 for men to reduce the risk of developing cancers of the mouth and throat, larynx (voice box), esophagus, colon and rectum, liver, and breast (in women).

For more information on ways you can prevent cancer, please visit: [cdc.gov/cancer/prevention](https://www.cdc.gov/cancer/prevention).