

8 Steps to Cancer Prevention

Avoid alcohol

**Eat healthy and maintain
a healthy weight**

Be active (Exercise at least
150 minutes a week)

**Know your family medical
and cancer history**

**Wear sunscreen and seek
shade** (SPF 30 or higher)

**Get the Human Papillomavirus
(HPV) vaccination**

**Avoid tobacco. Call 1-800-QUIT NOW
(1-800-784-8669) for free help to quit smoking**

**Get your recommended screenings
Early detection saves lives!**

You should always consult with your healthcare provider to determine which screenings are best for you. Screening recommendations vary based on your age, health profile, and family history.



Visit alabamapublichealth.gov/cancer for more information and other available resources.