



# State of North Carolina

**ROY COOPER**  
GOVERNOR

**HEALTHY SKIN MONTH**

**2024**

**BY THE GOVERNOR OF THE STATE OF NORTH CAROLINA**

**A PROCLAMATION**

**WHEREAS**, the North Carolina Central Cancer Registry projects that 3,699 new cases of melanoma – a kind of skin cancer – will be diagnosed, and 298 deaths from melanoma will occur in North Carolina in 2024; and

**WHEREAS**, the skin is the body's largest organ, so it is important to take good care of it by cleansing the body daily, focusing on using protective clothing and sunglasses to shield your skin and eyes from the harmful effects of ultra violet rays from the sun. It is also important to seek shade and wear a broad-spectrum water-resistant sunscreen with protection levels of SPF 30 or SPF 50; and

**WHEREAS**, individuals should moisturize their skin daily and examine their skin on a monthly basis for new or unusual spots that are changing, itching or bleeding, in which case it is recommended to see a board-certified dermatologist for a skin cancer check; and

**WHEREAS**, the State of North Carolina encourages people to protect themselves and their families against skin damage from the sun, and to promote sun safety awareness and education as well as healthy skin practices in our communities;

**NOW, THEREFORE**, I, ROY COOPER, Governor of the State of North Carolina, do hereby proclaim November, 2024, as “**HEALTHY SKIN MONTH**” in North Carolina, and commend its observance to all citizens.



**Roy Cooper**  
Governor

**IN WITNESS WHEREOF**, I have hereunto set my hand and affixed the Great Seal of the State of North Carolina at the Capitol in Raleigh this thirty-first day of October in the year of our Lord two thousand and twenty-four and of the Independence of the United States of America the two hundred and forty-ninth.