State of North Carolina

JOSH STEIN
GOVERNOR

HEALTHY SKIN MONTH

2026

BY THE GOVERNOR OF THE STATE OF NORTH CAROLINA

A PROCLAMATION

WHEREAS, the North Carolina Central Cancer Registry estimates that in 2026 our state will see approximately 4,363 new cases of melanoma – a form of skin cancer – and 326 deaths resulting from this disease; and

WHEREAS, the skin is the body's largest organ and requires essential care that includes cleansing the body daily and wearing protective clothing and sunglasses to shield skin and eyes from the harmful effects of the sun's ultraviolet radiation; and

WHEREAS, it is also important for people to seek shade and wear a broad-spectrum, water-resistant sunscreen with protection levels of sun protective factor (SPF) 30 or SPF 50; and

WHEREAS, tanning beds and sun lamps are also sources of UV radiation that can significantly harm the skin and are strongly associated with an elevated risk of developing skin cancer; and

WHEREAS, indoor tanning can increase the risk of basal cell skin cancer by 24 percent, squamous cell skin cancer by 58 percent, and melanoma, the deadliest form of skin cancer, by 20 percent; and

WHEREAS, people should moisturize their skin daily and examine their skin monthly for new or unusual spots that are changing, itching, or bleeding, in which case the person should promptly visit a health care provider; and

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

NOW, THEREFORE, I, JOSH STEIN, Governor of the State of North Carolina, do hereby proclaim November 2026 as **"HEALTHY SKIN MONTH"** in North Carolina and commend its observance.

JOSH STEIN
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 twenty-sixth day of October in the year of our Lord two thousand and twenty-sixth and of the Independence of the United States of America the two hundred and fifty-first.