



Be SunSmart in the Summer Sun

Those most at risk are people with fair skin, lots of moles or freckles or a family history of skin cancer. Know your skin type and use the UV Index to find out when you need to protect yourself.



Spend time in the shade between 11 and 3

The summer sun is most damaging to your skin in the middle of the day.



Make sure you never burn

Sunburn can double your risk of skin cancer.



Aim to cover up with a t-shirt, hat and sunglasses

When the sun is at its peak sunscreen is not enough.



Remember to take extra care with children

Young skin is delicate. Keep babies out of the sun especially around midday.



Then use factor 15+ sunscreen

Apply sunscreen generously and reapply often.

also

Report mole changes or unusual skin growths promptly to your doctor

Find out more at www.sunsmart.org.uk

NHS The SunSmart campaign is funded by the UK Health Departments.

WARNING: Sunburn can double your risk of skin cancer

take care not to burn



seek shade



cover up



protect children



apply generously

