Be SunSmart.
Enjoy the sun safely

Cover up

Apply generously

Protect yourself from sunburn

Relax in the shade

Protect children in the sun

sunsmart.org.uk

CANCER RESEARCH UK
Sunburn can double the risk of skin cancer

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.

- Relax in the shade between 11 and 3
  The summer sun is most damaging to your skin in the middle of the day.

- Protect yourself from sunburn
  Sunburn can double your risk of skin cancer.

- Cover up with a t-shirt, hat and sunglasses
  When the sun is at its peak sunscreen is not enough.

- Protect children in the sun
  Young skin is delicate. Keep babies out of the sun especially around midday.

- Use at least SPF 15 sunscreen
  Apply sunscreen generously and reapply often. Report mole changes or unusual skin growths promptly to your doctor.

The SunSmart campaign is funded by the Department of Health