STAY IN THE SHADE
TAKE CARE NOT TO BURN
COVER UP PROTECT KIDS.
USE FACTOR 15+ FROM THE SUN
Stay in the shade 11–3
the sun is most dangerous in the middle of the day – find shade under umbrellas, trees, canopies or indoors

Make sure you never burn
sunburn can double your risk of skin cancer

Always cover up
sunscreen is not enough – wear a T-shirt, a wide-brimmed hat and wraparound sunglasses (eyes get sun damaged too)

Remember to take extra care with children
young skin is delicate, keep babies out of the sun completely

Then use factor 15+ sunscreen
apply sunscreen generously 15–30 minutes before you go outside (it doesn’t work immediately), and reapply often

Also report mole changes or unusual skin growths promptly to your doctor

Find out more at: www.sunsmart.org.uk  www.doh.gov.uk/sunsafe

For a FREE skin cancer leaflet, send SAE to,
Sun Cancer Leaflet, Cancer Research UK, PO Box 123, London WC1EA 3FX

Registered charity no.: 206681