WARNING: Sunburn can double your risk of skin cancer
Stay in the shade:
the sun is most dangerous in the middle of the day – find shade under umbrellas, trees, canopies or indoors.

Make sure you never have
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.

Remember to give extra care with children:
young skin is delicate, keep babies out of the sun around midday.

This can factor for us:
apply sunscreen generously 15-30 minutes before you go outside and reapply often.

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

Find out more at www.sunsmart.org.uk