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.

1. **S**pend time in the shade between 11 and 3
   The summer sun is most damaging to your skin in the middle of the day.

2. **M**ake sure you never burn
   Sunburn can double your risk of skin cancer.

3. **A**im to cover up with a t-shirt, hat and sunglasses
   When the sun is at its peak sunscreen is not enough.

4. **R**emember to take extra care with children
   Young skin is delicate. Keep babies out of the sun especially around midday.

5. **T**hen 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](http://www.sunsmart.org.uk)
WARNING:
Sunburn can double your risk of skin cancer

take care not to burn

seek shade  cover up  protect children  apply generously