WARNING: Sunburn can double your risk of skin cancer.

Seek shade, cover up, protect children, apply generously.
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. Spend time in the shade between 11 and 3
   The summer sun is most damaging to your skin in the middle of the day.

2. Make sure you never burn
   Sunburn can double your risk of skin cancer.

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

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

5. 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

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