



## 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.



**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.



**M**ake sure you never burn

Sunburn can double your risk of skin cancer.



**A**im to cover up with a t-shirt, hat and sunglasses

When the sun is at its peak sunscreen is not enough.



**R**emember to take extra care with children

Young skin is delicate. Keep babies out of the sun especially around midday.



**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)

**NHS** The SunSmart campaign is funded by the UK Health Departments.

# WARNING: Sunburn can double your risk of skin cancer

take care not to burn



seek shade



cover up



protect children



apply generously

