



**BE SUNSMART**  
ENJOY THE SUN SAFELY

[cruk.org/sunsmart](http://cruk.org/sunsmart)



## GETTING SUNBURNT CAN DOUBLE THE RISK OF SKIN CANCER

Be SunSmart. Whether you are at home or abroad, protect your skin from sunburn.

### **Spend time in the shade between 11am and 3pm**

The summer sun is most damaging to your skin in the middle of the day.

### **Cover up with a t-shirt, hat and sunglasses**

When the sun is at its strongest, sunscreen is not enough.

### **Use SPF 15+ sunscreen with a high star rating**

Apply sunscreen generously and reapply often.

Young skin burns easily, so take extra care with children in the sun. And keep babies out of the sun, especially around midday.

Report unusual moles or skin changes to your doctor – finding skin cancer early can save lives.

**For more about being SunSmart visit:**

[cruk.org/sunsmart](http://cruk.org/sunsmart)

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