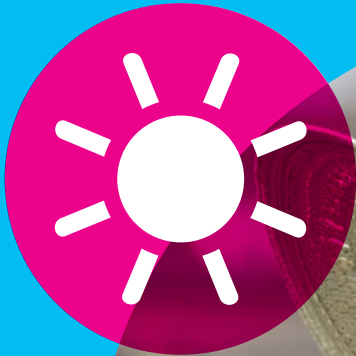




CANCER
RESEARCH
UK

LET'S STAY SAFE IN THE SUN



We all love a sunny day, but it's important to protect yourself and be mindful of how long you've been outside.

Too much ultraviolet (UV) radiation from the sun or sunbeds is the main cause of skin cancer. And even in the UK the sun can be strong enough to cause damage to your skin.

Sunburn can easily catch you out, especially if you have fair skin, lots of moles or freckles, red or fair hair, or light coloured eyes. So it's important to protect yourself when the sun is strong.

**How can you be smart in the sun?
Let's find out.**



FOUR WAYS TO CUT YOUR CANCER RISK



KNOW YOUR SKIN

You know best how your skin reacts in the sun. The more easily you get sunburnt, the more careful you need to be. Remember, you don't need to peel – if your skin's gone red or pink in the sun, that's sunburn, and it's dangerous. And you can't always see the damage. For people with darker skin it just might feel irritated, tender or itchy.



CHECK THE UV INDEX BEFORE LEAVING THE HOUSE

This tells you how strong the sun's rays are. The higher the number, the more risk of sunburn and the less time it'll take to damage your skin. If it's 3 or higher, think about protecting your skin, especially if you get sunburnt easily. It's on weather forecasts, or check www.metoffice.gov.uk/uv

UV Index	
1	You can safely stay outside.
2	
3	Risk of sunburn. Sun protection is needed. Take care around the middle of the day (11am-3pm in the UK).
4	
5	
6	
7	High risk of sunburn. Sun protection is important for all skin tones.
8	
9	
10	
11+	



TEAM UP SHADE, CLOTHING AND SUNSCREEN

There are a few ways you can protect yourself when the sun is strong:



Enjoy the cool of the shade



You're never far away from a cool-down. Take a break under umbrellas, trees or canopies, or just head indoors.



Wear a hat, t-shirt and sunglasses



A long-sleeved top or t-shirt helps protect your skin, and you can pair it with a hat that has a brim which covers your face and the back of your neck. Sunglasses will help too – particularly a wraparound-style pair.



On the parts you can't cover, use sunscreen with at least SPF15 and four or more stars.



Don't be shy with it – put plenty on and remember to reapply often to get the level of protection on the label. Sunscreen doesn't give 100% protection, so it doesn't mean you're safe to stay out in the sun for longer.

Don't let sunburn catch you out!

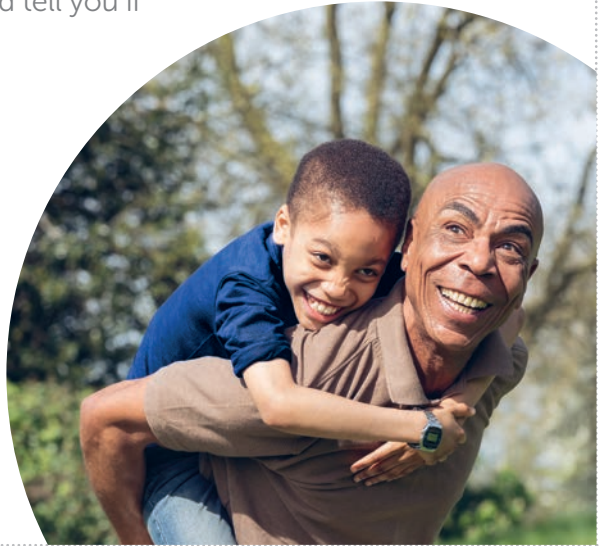
4



TRY THE SHADOW RULE

A simple one, this. The sun's UV rays are strongest when your shadow is shorter than you. So that's when you're more likely to burn. See how you measure up and that should tell you if you need to take care.

**Teach the whole family
and enjoy the sun safely.**



TOP
TIP

VITAMIN D - STRIKE A BALANCE

Vitamin D helps build and maintain strong bones – and we all need some sunshine to make it. So there's no need to avoid the sun altogether. Short exposures should be enough for most people, just take care not to burn.

People with darker skin might need longer in the sun to get vitamin D, but they'll also have a lower risk of sunburn.

The NHS recommends that people think about taking vitamin D supplements.

4 IN 10 CASES OF CANCER IN THE UK CAN BE PREVENTED

So we're supporting people to reduce their cancer risk

Our leaflets guide you through the changes you can make and are based on a balance of all the scientific evidence. They're free to order online – just go to www.cruk.org/leaflets

HOW TO FIND OUT MORE

 We're online...

You can find out more about protecting your skin from the sun at www.cruk.org/sun

If you're thinking about making changes to improve your health and reduce your cancer risk, there's plenty of information and tips at www.cruk.org/health

 ...and on the phone

Our Nurse Helpline is there if you're looking for any advice or support. Just call **0808 800 4040**.

And if you have any questions about Cancer Research UK or would like to support what we're doing, you can call **0300 123 1022**.

See what the UV index is where you are right now at www.metoffice.gov.uk/uv



LET'S BEAT
CANCER SOONER

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Registered Charity in England and Wales (1089464),
Scotland (SC041666) and the Isle of Man (1103)

