



CANCER
RESEARCH
UK

Together we will beat cancer

Let's stay safe in the sun



We all love a sunny day, but it's important to enjoy the sun safely and know when to protect your skin.

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 burn.

Sunburn can easily catch you out. If you have pale skin, lots of moles or freckles, light or red hair or light coloured eyes, you need to take more care in the sun.

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



Four ways to cut your skin cancer risk



1. Know your skin

You're the best person to know 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.



2. Check the UV index before leaving the house

This tells you how strong the sun's rays are. The higher the number, the less time it'll take to damage your skin. If it's 3 or higher, you should protect 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	
8	High risk of sunburn. Sun protection is important for all skin tones.
9	
10	
11+	



3. Use shade, clothing and sunscreen

When the sun is strong:



Enjoy the cool of the shade



Take a break under umbrellas, trees or canopies, or just head indoors. UV rays can go through some fabrics and reflect off the ground so clothing and sunscreen still matter.



Cover up with clothes, a hat and sunglasses



A long-sleeved top or t-shirt helps protect your skin. Pair it with a wide-brimmed hat which covers your face, ears and neck. Sunglasses will help too – particularly a wraparound-style pair.



On the parts you can't cover, use sunscreen with at least SPF15 and a rating of four or five stars



Don't be shy with it – apply thickly and evenly and remember to reapply often to get the level of protection on the label. Sunscreen alone 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

This is simple. The sun's UV rays are strongest when your shadow is shorter than you. So that's when you're more likely to burn and need to take care to protect your skin.

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.

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

Short exposures should be enough for most people – it's minutes not hours. The NHS recommends everyone considers taking vitamin D supplements from October until the end of March.



4 in 10 cases of cancer in the UK could 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**

