Skin damage
Also available in the UK

Together we will beat cancer
You don’t have to go to a sunny country to damage your skin.

Wherever you are, enjoy the sun safely and reduce your risk of skin cancer.

Cover up with a t-shirt, hat and sunglasses
Sunscreen alone is not enough.

Spend time in the shade between 11am and 3pm
The summer sun is most damaging to your skin during the middle of the day.

Use SPF15+ sunscreen with at least 4 stars
Apply sunscreen generously and reapply often.

Find out more at cru.k.org.uk/sun