



SKIN DAMAGE.

ALSO AVAILABLE IN THE UK.

LET'S BEAT CANCER **SOONER**



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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 cruk.org.uk/sun

April 2016. Cancer Research UK is a registered charity in England and
Wales (1089464), Scotland (SC041666) and the Isle of Man (1103)



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