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Learn about UV Levels:
www.metoffice.gov.uk/weather/learn-about/weather/types-of-weather/temperature/uv-levels

2. Check the UV index before leaving the house
 UV index tells you how strong the rays are, the higher the number the more at risk of sunburn and less time it will take to damage the skin.

Four ways to cut your skin cancer risk
1. Know your skin.
 You know best how your skin reacts to the sun – sunburn is dangerous and you can't always see the damage so make sure you are taking all precautions. For people with darker skin it might just feel irritated, tender and itchy.

Protection against skin cancer

It's important to enjoy the sun safely and know when and how to protect your skin. Too much ultraviolet (UV) radiation from the sun or sunbeds are the main cause of skin cancer. Even in the UK the sun can be strong enough to burn

Protection against Skin Cancer (part 1)

Information used in this booklet was provided by Healthworks Cancer champions and also taken from Cancer Research UK

For more information visit:
www.healthworksnewcastle.org.uk
www.cr.uk.org/sun



Healthworks
 the community health charity



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3. Use shade, clothing and sunscreen.

Protect your skin when the sun is strong by enjoying the cool shade. Wearing a t-shirt helps to protect your skin, and a hat that covers your face and the back of your neck. Sunglasses also help in the sun

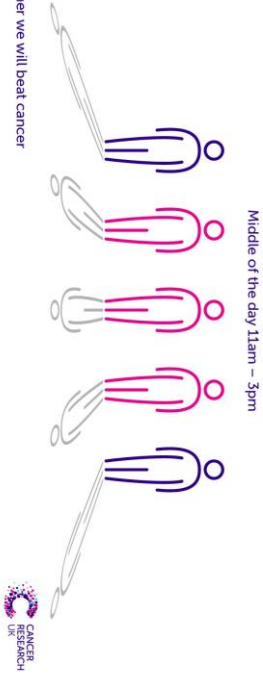
On the parts you cannot cover, use sunscreen with at least SPF 15 and 4 or more stars. Remember to reapply often to get the level of protection on the label. Sunscreen doesn't give 100% protection, so it doesn't mean you're safe to stay out in the sun longer.

UV Index	Guidance
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	High risk of sunburn. Sun protection is important for all skin tones.
7	
8	
9	
10	
11+	

4. Try the shadow rule

The suns UV rays are strongest when your shadow is shorter than you. So that's when you're more likely to burn. In the UK the sun's UV rays are strongest between 11am and 3pm from early April to late September

The sun's UV rays are **strongest** when your shadow is **shorter** than you.



Together we will beat cancer

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SUN SAFETY: SUMMER SKIN PROTECTION



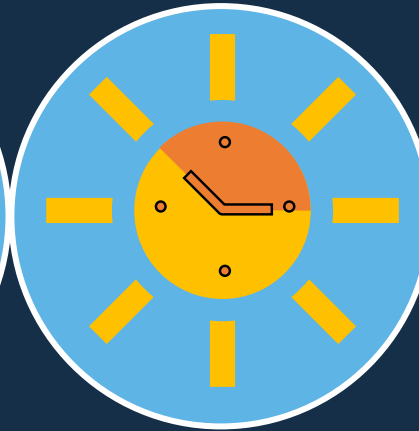
WEAR BROAD HAT



USE SUNGLASSES



WEAR PROTECTIVE CLOTHING



AVOID SUN BETWEEN 11AM & 3PM



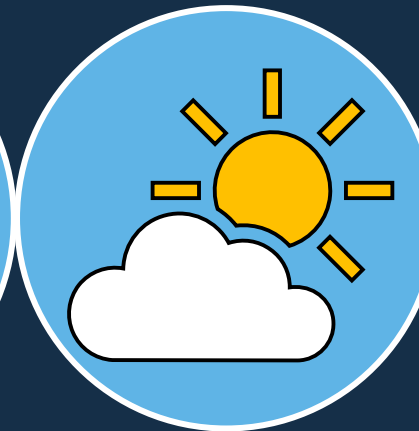
USE SUNSCREEN



DRINK MORE WATER



REFLECTION CAUTION



SEEK SHADE



AVOID DIRECT SUNLIGHT