



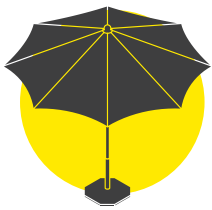
BURN!

Warning: Sunburn
seriously increases
your risk of skin cancer

Sun and skin cancer facts

- The sun's UV rays can cause long-term damage to skin.
- Skin cancer can take 10-15 years to develop and is the most common cancer in young people in Ireland aged between 15 and 44.
- Getting sunburnt in childhood or adolescence can increase the risk of skin cancer, including melanoma – the most serious form of skin cancer.
- Tanned or red skin is damaged skin. The damage can lead to skin cancer later in life.
- UV damage can still happen on cool or cloudy days – up to 90% of UV rays can pass through light cloud.
- People with pale or freckled skin, red or fair hair, blue, green or grey eyes, or a large number of moles are at greater risk of skin damage.

Follow the SunSmart Code



1. Seek shade

UV rays are at their strongest in Ireland from 11am to 3pm, April to September. The sun does not need to feel hot to damage your skin.



2. Cover up

- Cover up with clothes as much as possible – long sleeves, collars and clothes that cover the legs are best. Avoid light fabrics.
- Wear a wide-brimmed hat that gives shade to the face, neck, head and ears.



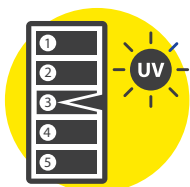
3. Wear sunglasses

Wear wraparound sunglasses that give 100% UV protection or are CE marked.



4. Wear sunscreen

- Use a broad-spectrum (UVA/UVB), water-resistant sunscreen with high UVA protection and a sun protection factor (SPF) of 30+ for adults and 50+ for children.
- Put plenty of it on dry skin 20 minutes before you go outside. Reapply regularly.
- No sunscreen can provide 100% protection – use it alongside other protective measures, such as covering up and staying in the shade.



5. Know the UV index

The UV (ultraviolet) index tells us what level of UV radiation is reaching the earth. If the UV index is 3 or more, take extra care. Check with Met Éireann for the daily UV index.



6. Avoid sunburn and tanning

- Early skin damage can increase the risk of skin cancer.
- Never use a sunbed. It's against the law to sell or hire a sunbed to anyone under 18.