



If you're in the sun...



Seek shade



Slip on a t-shirt



Slap on a hat



*Slip on
sunscreen 15+*



*Wrap on
sunglasses*



*Avoid peak sun
rays 11am-3pm*

**...have fun
and be
SunSmart!**



Visit www.cancer.ie for more information on being SunSmart or contact the Health Promotion Department of the Irish Cancer Society on **01 231 0539** or healthpromotion@irishcancer.ie