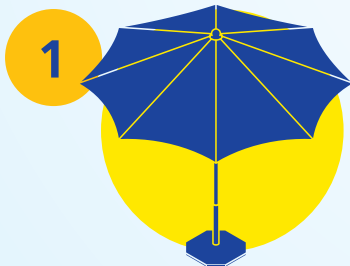


Follow the SunSmart Code

from April to September



1 Seek shade – especially between 11am and 3pm



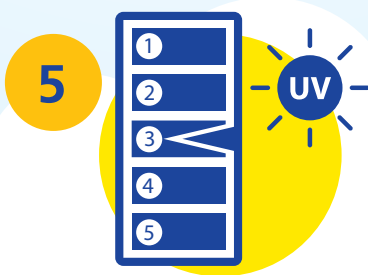
2 Cover up – with long-sleeved, collared shirt and a hat



3 Wear wraparound sunglasses with UV protection



4 Wear sunscreen... with SPF 50+ (for kids) and UVA protection



5 Know the UV index – if it's 3 or more, you need to be SunSmart



6 Avoid sunburn and tanning



Check out the SunSmart Code on our website: www.cancer.ie