

Are you Sun Smart?

Did you know that Skin cancer is the most common preventable cancer in young people today?

Studies have found that if you get sun burnt as a child or young person this can increase the risk of getting skin cancer when you are older. So look after yourselves and reduce the risk of getting skin cancer

Ten Tips for protecting against skin cancer

1. **Remember you can burn in the UK** - Take extra care in the sun at home as well as abroad.
2. **Use shade** - don't get tempted to sit in the sun, use the shade from trees, umbrellas, or sit indoors. This is especially important to stay out of the sun between 11am and 3pm.
3. **Cover up** - When outside, protect your skin with loose-fitting clothes, and a hat that shades your face, neck and ears.
4. **Wear sunglasses** - Buy good quality, sunglasses – they don't have to be an expensive make to be good.
5. **Where a hat** – try and wear a hat that gives you some shade. The wider the brim, the more skin will be shaded from the sun.
6. **Use sunscreen** - Use at least a factor 15 sunscreen. Apply to areas that cannot be protected by clothing, including the face, ears, feet and backs of hands.
7. **Apply sunscreen generously and regularly** - Put some on before you go outside. Sunscreen can easily be washed, rubbed or sweated off – so keep adding more throughout the day.
8. **If you are at school or college** – don't forget these tips when you are out and about during the day including lunch breaks from school, and don't leave your sunscreen at home!
9. **Sun beds** – these are not a safe way to get a tan, they can still damage the skin, cause skin cancer and make your skin look leatherly and wrinkled at a younger age. Instead of using a sun bed, try and fake tan instead.
10. **Report unusual moles or skin changes to your doctor.** Finding skin cancer early saves lives.

For more information check out www.sunsmart.org.uk