

Protect your skin from UV

Ultraviolet (UV) radiation from the sun and sunbeds damage your skin and can cause:



Sunburn



Age spots,
pigmentation,
freckles



Increased
risk of skin
cancer



Leathery
skin



Wrinkles and
other signs
of premature
ageing

Before you go outdoors, check the UV index at met.ie/uv-index. If it is 3 or above follow the SunSmart 5 S's, especially between the hours of 11am and 3pm when UV is at its strongest.



Slip on
clothing



Slop on
sunscreen



Slap on
a hat



Seek
shade



Slide on
sunglasses

Be SunSmart

www.hse.ie/sunsmart



nccp

National Cancer
Control Programme



