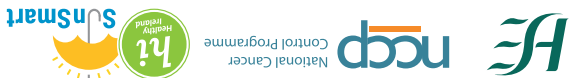


Skin cancer prevention



Posters and information leaflets are available to order at healthpromotion.ie/products Choose 'cancer' from the drop down menu.

More information at hse.ie/sunsmart



Slip on clothing:

Cover skin as much as possible, wear long sleeves, collared t-shirts.



Slop on (UVA/UVB) sunscreen:

Apply SPF 30+ for adults and SPF 50+ for children, that has high UVA protection and water resistant. Reapply



Slap on a wide brimmed hat:

Protect your face, ears and neck.



Seek shade:

Especially if outdoors between 11am to 3pm and always use a sunshade on a buggy or pram.



Slide on sunglasses:

Guard your eyes from harm by wearing sunglasses with UV protection.



Do not deliberately try to get a suntan. Avoid getting a sunburn. Never use a sunbed.



Know the UV index:

In Ireland, the UV index is usually 3 or above from April to September, even when it is cloudy. Limit time in the sun when UV is strongest, typically between 11am and 3pm.