



# Skin damage

Also available in the UK

Together we will beat cancer



CANCER  
RESEARCH  
UK

# You don't have to go to a sunny country to damage your skin.

Wherever you are, enjoy the sun safely and reduce your risk of skin cancer.

Cover up with a t-shirt, hat and sunglasses  
Sunscreen alone is not enough.

Spend time in the shade between 11am and 3pm  
The summer sun is most damaging to your skin during the middle of the day.

Use SPF15+ sunscreen with at least 4 stars  
Apply sunscreen generously and reapply often.

Find out more at [cruk.org.uk/sun](http://cruk.org.uk/sun)