



TOP TIPS

FOR STAYING

SAFE IN THE SUN



Melanoma is a type of skin cancer. It's one of the most common cancers in young people in the UK.

Getting sunburn once every two years can triple your risk of melanoma, compared to never being burnt.

Use these **five top tips** to protect your skin from the sun and keep yourself safe:



Use
suncream



Wear
a hat



Stay in
the shade



Protect
your eyes



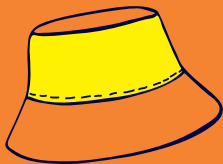
Cover
up

TURN OVER TO FIND OUT MORE!



USE SUNCREAM

You should always use a generous amount of water-resistant sunscreen, at least SPF30. Make sure your skin is clean and dry before applying it and re-apply regularly throughout the day.



WEAR A HAT

Hats can help to keep the sun off your head, face, neck and ears.



STAY IN THE SHADE

The sun's rays are strongest between 11am and 3pm. This is when it's best to find a shady spot to avoid getting burnt.



PROTECT YOUR EYES

Your eyes can feel the effects of the sun too. Make sure you wear sunglasses to help protect your eyes from the strong rays of the sun.



COVER UP

Protect your skin by covering up with clothes when possible.

FIND OUT MORE

about how to stay safe in the sun by scanning this QR code.



www.teenagecancertrust.org/sun-safety

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