

Over the last decade, melanoma skin cancer incidence rates have increased by around a third (32%) in the UK.

Source: CRUK

STAYING SAFE IN THE SUN

MELANOMA
FOCUS

We have created this leaflet to provide you with information to help you understand how to protect your skin and the skin of your loved ones.

Sun safety tips

- Apply sunscreen liberally to exposed sites 15 to 30 minutes before going out into the sun
- Don't rub the sunscreen into your skin but spread the sunscreen as uniformly as possible over the surface of the skin and allow to dry
- Re-apply every 2 hours or after an activity that could remove sunscreen, such as swimming, or excessive sweating
- Avoid the midday sun (between 11am to 3pm)

The best sunscreen is the one you will actually use!

You might have a preference based on the smell, texture, ingredients or price, it doesn't matter as long as you apply the correct amount of broad spectrum SPF 30+.

For more information about melanoma, sunbeds, sunsafety and vitamin D, visit our website.



Avoid direct sunlight, seek shade from 11am - 3pm



Use UVA & UVB protection: SPF 30+ & 4-5 stars

Protect eyes by wearing wrap-around sunglasses



Cover exposed skin & wear a hat

Nearly 9 in 10 cases of melanoma skin cancer could be prevented by staying safe in the sun and avoiding sunbeds.

Source: CRUK

What does the UV Index mean?

The Met Office forecast uses the UV index to warn you of an increased risk to health from UK radiation. The 'Solar UV Index' was developed by the World Health Organisation.

The UV index tells you how strong the sun's UV rays will be; the higher the UV index, the greater the strength of the sun's UV rays and the more likely you will burn.



0-2

NO PROTECTION REQUIRED



3-5

MODERATE TO HIGH UV LEVELS
SUN PROTECTION REQUIRED



6-7



8-10

EXTREME UV LEVELS
EXTRA PROTECTION REQUIRED



11+