From April to September protect your skin with the SunSmart code

To find out more:
- Go to www.cancer.ie/sunsmart
- Call the National Cancer Helpline on 1800 200 700

Check the UV Index on www.cancer.ie/uvindex
If it is 3 or more follow the SunSmart code

Seek shade…
Especially from 11am - 3pm

Cover up…
With clothes and a hat

Wear Sunglasses…
Make sure they give UV protection

Wear Sunscreen…
With SPF 15 or higher and UVA protection

SPF 15+