

# From April to September protect your skin with the SunSmart code



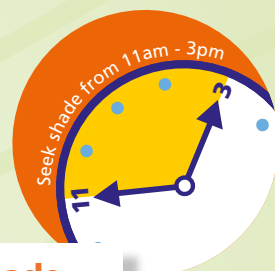
02

**Cover up...**  
With clothes  
and a hat



01

**Seek shade...**  
Especially from  
11-3pm



03

**Wear Sunglasses...**  
Make sure they  
give UV protection



04

**Wear Sunscreen...**  
With SPF 15 or higher  
and UVA protection

## To find out more:

- Go to [www.cancer.ie/sunsmart](http://www.cancer.ie/sunsmart)
- Call the National Cancer Helpline on **1800 200 700**



Check the UV Index on  
[www.cancer.ie/uvindex](http://www.cancer.ie/uvindex)

If it is 3 or more follow the SunSmart code

 Irish Cancer Society

 **SunSmart**  
save your skin