

Fun in the Sun

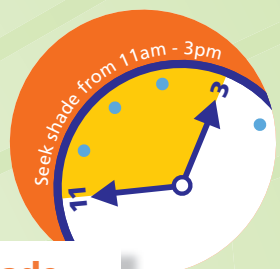
Factsheet about keeping children safe in the sun



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 30 or higher and UVA protection



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

SUNSMART CODE

Keeping children and young people safe in the sun

The Irish Cancer Society invites you to work with us to encourage children and young people to protect their skin when outdoors from April to September, whatever the weather, by following the SunSmart code. In this way, without mentioning the word cancer, you are helping them reduce their risk of skin cancer later in life.

What you might not know about the sun and UV rays:

- Most cases of skin cancer are caused by the sun's UV rays.
- Tanned skin is not a sign of good health. It is a sign that your skin is already damaged by UV rays and is trying to protect itself from further damage.
- Skin doesn't have to be raw, peeling or blistered to be sunburnt. If it goes red from being outdoors it is sunburnt.
- Getting sunburnt increases your risk of skin cancer, including melanoma, the most serious form of skin cancer.
- Skin cancer is the most common cancer in 15-44yr olds in this country.

The key message you need to share with children and young people is:

Protect your skin by following the SunSmart code, whatever the weather, from April to September.

What you can use to help you with this:

- The UV index (for children 8yrs and older). For more on this go to www.cancer.ie/uvindex.
- Go to www.cancer.ie/sunsmart.
- Download or order a SunSmart poster from our website – www.cancer.ie/publications/reduce-your-risk

The SunSmart Code

1. Seek shade...

- Especially from 11am to 3pm.
- This is when UV rays tend to be strongest in Ireland.



2. Cover up with...

Clothes:

- Choose a t-shirt with a collar and sleeves and long shorts.
- Avoid sleeveless tops and flimsy fabrics.

A hat:

- Make sure it gives shade to the head, ears and back of the neck.
- Bucket, legionnaires or broad brimmed hats are the best.
- A baseball hat is not a great SunSmart hat as it doesn't give enough shade.

3. Wear sunglasses...

- Wraparounds are best.
- Once they are old enough children can wear them too.
- Make sure they give UV protection.



4. Wear sunscreen...

While using sunscreen alone won't give you 100% protection from UV rays it is good to use it with the other parts of the Sunsmart code. To get the best protection for it remember:

- Children need to use sunscreen with SPF 30 or higher and UVA protection.
- Put plenty on, especially to those areas that don't often see the sun.
- Apply 20 minutes before going outside and reapply every 2 hours.
- Use water resistant sunscreens if you will be sweating or doing water sports.
- Store it in a cool place.



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