



Stay safe in the Sun

We all love a sunny day, but it's important to protect yourself and be mindful of how long you've been outside – even in the UK the sun can be strong enough to cause damage to your skin.

Four ways to cut your skin cancer risk:

1. Know best how your skin reacts in the sun. Remember – you don't need to peel – if your skin's gone red or pink in the sun, that's sunburn. For people with darker skin it might feel irritated, tender or itchy.
2. Check the UV index before leaving the house – this tells you how strong the sun's rays are. If it is 3 or higher you should think about protecting your skin. You can find this information on weather forecasts, or check www.metoffice.gov.uk/uv
3. When the sun is strong enjoy the cool of the shade, wear a hat, t-shirt and sunglasses and use sunscreen with at least SPF15. Remember to reapply sunscreen regularly.
4. Try the shadow rule. The sun's UV rays are strongest when your shadow is shorter than you. So that is when you are more likely to burn.

If you would like further information about the Bridge Cottage Surgery Patient Participation Group please email ppgbridgecottage@gmail.com

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