



melanoma UK

SUN SAFETY



✓ **COVER UP**

Wear clothing that covers your skin. Long sleeves and UV-protective fabrics are best!

✓ **APPLY SUNSCREEN**

SPF 30 or higher, 20 minutes before sun exposure. Reapply every 2 hours.



✓ **WEAR A HAT & SUNGLASSES**

A wide-brimmed hat and UV-protective sunglasses help shield your face and eyes from harmful rays.



✓ **SEEK SHADE**

Reduce UV radiation by taking shelter under a tree, umbrella or another shady spot.



✓ **STAY HYDRATED**

Drink plenty of water to keep your body cool and energised while playing outside!



JOIN THE SUN SAFETY PLEDGE!

I will wear sunscreen before playing outside.

I will wear a hat in the sun when I can.

I will remind my friends to stay sun safe!

For more sun safety tips, visit: melanomauk.org.uk