



Have fun and be SunSmart...



Seek shade



Slip on a t-shirt



Slap on a hat



*Slop on
sunscreen 15+*



*Wrap on
sunglasses*



*Avoid peak sun
rays 11am-3pm*

**FOR FURTHER INFORMATION ON THE PREVENTION AND EARLY DETECTION
OF SKIN CANCER, PLEASE CONTACT THE NATIONAL CANCER HELPLINE ON**

1800 200 700

(WEEKDAYS 9AM-5PM)



irish cancer society