









Have fun and be SunSmart...



 irish cancer society

Be SunSmart!

Send this postcard to anyone you think will benefit from the SunSmart message...

-  **Seek shade...** *to protect you from the sun*
-  **Slip on a t-shirt...** *with sleeves and a high collar*
-  **Slap on a hat...** *with a wide brim*
-  **Slop on sunscreen factor 15+ or higher...**
Apply liberally 20 minutes before going outside and reapply every two hours
-  **Wrap on sunglasses...** *that give a high UV protection*
-  **Avoid peak sun rays 11am-3pm...**

Many skin changes will be harmless, but if you notice anything unusual, you should visit your doctor. Remember: early detection is the key!



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)

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