

WHICH IS POTENTIALLY MORE DANGEROUS?



PROTECT YOURSELF

Exposure to the sun is potentially more dangerous. Skin cancer is one of the most common cancers in the UK. The number of people who develop it is increasing. The majority of cases are caused by ultraviolet radiation from the sun.

It is simple to protect yourself. Effective sun protection is as easy as **1, 2, 3**

- 1** Make sure you don't burn
- 2** Cover up in peak hours
- 3** Use SPF30 or higher – reapply often (waterproof, sweatproof versions available)

It's in your control. Protect Yourself.

To learn more visit
www.sunsmart.org.uk

LOGO

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Next screening

Date _____

Where _____

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LOGO

YOUR FUTURE HEALTH IS IN YOUR CONTROL

**NEXT
SCREENING
CLINIC
19TH JUNE**



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KNOW YOUR LEVEL OF RISK

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PROTECT YOURSELF AND YOUR FUTURE

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WATERPROOF
SWEATPROOF
SUN CREAM

LOGO

**KNOW
YOUR
LEVEL
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- **Make sure you don't burn**
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