



# ENJOY THE SUN SAFELY

Over-exposure to UV causes over 80% of all skin cancers -  
the UK's most common and fastest rising cancer.  
When UV levels reach 3 or above, use the five S's of Sun Safety:



1. SLIP on sun t-shirt and keep shoulders covered
2. SLOP on SPF 30+ broad spectrum UVA sunscreen
3. SLAP on a broad brimmed hat to shade your head
4. SLIDE on quality sunglasses to protect your eyes
5. SHADE from the sun, particularly between 11 and 3



For information on sun safety and skin cancer visit: [skcin.org](http://skcin.org)



# CHECK YOUR SKIN FOR CHANGE.

Spotting skin cancer early could save your life.  
Check your skin regularly and seek immediate advice with any concerns.  
Look out for the ABCDE of melanoma:



**A = ASYMMETRY:** when one half of the mole doesn't match the other

**B = BORDER:** when the borders are irregular, ragged or blurred

**C = COLOUR:** when the colour varies throughout and/or has no uniform pigmentation

**D = DIAMETER:** when the diameter is greater than 6mm (but could be smaller)

**E = EVOLVING:** changes in the mole over variable time: weeks, months or years

For more information on all types of skin cancer and how to check your skin, visit: [skcin.org](http://skcin.org)