

Follow the SunSmart Code

from April to September

1



Seek shade – especially between 11am and 3pm

2



Cover up – with long-sleeved, collared shirt and a hat

3



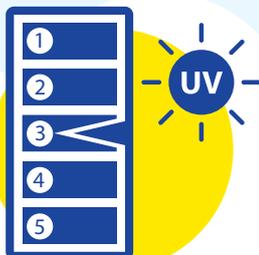
Wear wraparound sunglasses with UV protection

4



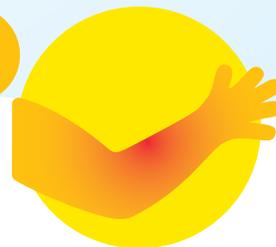
Wear sunscreen... with SPF 50+ (for kids) and UVA protection

5



Know the UV index – if it's 3 or more, you need to be SunSmart

6



Avoid sunburn and tanning



Check out the SunSmart Code on our website: www.cancer.ie

SunSmart children

What you might not know about the sun and UV rays:

- The sun's UV rays can cause long-term damage to skin.
- Skin cancer can take 10-15 years to develop and is the most common cancer in Ireland among people aged 15-44.
- Getting sunburnt in childhood or adolescence can increase the risk of skin cancer, including melanoma – the most serious form of skin cancer.
- Tanned or red skin is damaged skin. The damage can lead to skin cancer later in life.
- UV damage can happen on cool or cloudy days – up to 90% of UV rays can pass through light cloud.
- Children with pale or freckled skin, red or fair hair, blue, green or grey eyes, or a large number of moles are at greater risk of skin damage.

Protect children with the SunSmart Code



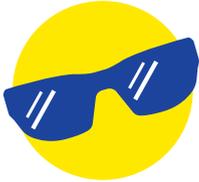
1. Seek shade

Keep children in the shade when UV rays are at their strongest. In Ireland, this is generally from 11am to 3pm, April to September.



2. Cover up

- Cover up with clothes as much as possible – long sleeves, collars and clothes that cover the legs are best. Avoid flimsy fabrics.
- Wear a hat that has a wide brim and gives shade to the face, neck, head and ears.
- A tie under the chin may stop young children from taking off their hat.



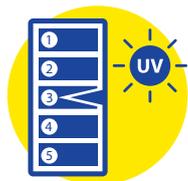
3. Wear sunglasses

Children should wear wraparound sunglasses that give 100% UV protection or are CE marked.



4. Wear sunscreen

- Sunscreen alone is not enough. It should be used alongside other protective measures such as clothing and shade. For maximum protection, follow all 6 steps.
- Only use sunscreen on those areas of the skin that cannot be protected by clothes or a hat.
- Use a broad-spectrum sunscreen – which gives UVA/UVB protection. Make sure it has a sun protection factor (SPF) of 50+, high UVA protection and is water resistant.
- Choose a sunscreen (sprays, lotions, creams and mists) that the child likes using.
- Put plenty of it on dry skin 20 minutes before they go outside, especially to those areas not often exposed to the sun. Reapply every 2 hours.



5. Know the UV index

The UV (ultraviolet) index tells us what level of UV radiation is reaching the earth. If the UV index is 3 or more, take extra care. Check with Met Éireann for the daily UV index.



6. Avoid sunburn and tanning

Early skin damage can increase the risk of skin cancer, so follow the SunSmart Code. Never use a sunbed. It is against the law to sell or hire a sunbed to anyone under 18.

Remember: Babies and young children are particularly vulnerable to sun exposure. Keep babies under 12 months out of direct sunlight.