

Be SunSmart and protect your skin from the sun:

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## Do



Slip on clothing that covers your skin such as long sleeves, collared t-shirts.

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Slop on sunscreen on exposed areas. Use a sunscreen with SPF of 30+ for adults and 50+ for children, with high UVA protection and water-resistant. Reapply regularly.

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Slap on a wide-brimmed hat. Protect your face, ears and neck.

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Seek shade. Especially if outdoors between 11am to 3pm when UV rays are at their strongest. Use a sunshade on your buggy or pram. Keep babies and children out of direct sunlight.

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Slide on sunglasses.

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## Avoid



It is important that you do not try to get a suntan in the sun.

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Avoid getting sunburnt.

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**Never** use sunbeds.



National Cancer  
Control Programme

**STOP**

It's never  
ok to use  
a sunbed



## About sunbeds

The sun produce Ultraviolet (UV) radiation. Sunbeds also produce high levels of UV radiation. These UV rays are like artificial sunshine, only stronger. UV rays can damage your health.

### Using sunbeds can cause:

- Skin cancer, which may be a pink patch, pink lump or brown mole or freckle on the skin
- Long-term damage to the skin and eyes
- Sunburn reaction such as burns and blisters
- Redness and itchiness of the skin causing inflammation and irritation
- Dry skin
- Wrinkles, sagging of the skin and early signs of skin ageing
- Uneven skin colour, such as dark spots and dark patches on the skin
- Changes in the size and colour of moles and freckles

**All sunbeds users are at risk.** Sun-tanned skin is damaged skin. A suntan is a sign of skin damage. It is your body's defence response to harmful UV radiation. Sun-tanning exposes your skin and eyes to greater amounts of UV radiation and increases your risk of developing skin cancer. **It is never ok to use sunbeds.**

## Make the right choice

**Using sunbeds increases your risk of getting skin cancer. The earlier you start and the more often you use a sunbed, the greater the risk.**

It is against the law to allow people under the age of 18 to use sunbeds in Ireland. Children's skin is more easily damaged by sunbeds. Children who use sunbeds are much more likely to get melanoma when they are adults. Melanoma is the most serious type of skin cancer.



**If you notice a new or changing mole or growth on your skin, contact your GP without delay.**

**For more information on being SunSmart visit:**

**[www.hse.ie/sunsmart](http://www.hse.ie/sunsmart)**