

Apart from avoiding sunbeds you need to be SunSmart and protect your skin from the sun:

Do



Slip on clothing.



Slop on sunscreen.



Slap on a wide-brimmed hat.



Seek shade.



Slide on sunglasses.

Avoid



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



Avoid getting sunburnt.



Never use sunbeds.



For further information about skin cancer, visit your doctor or visit www.hse.ie/sunsmart

Be SunSmart
Health
Warning on
Sunbeds

About Sunbeds

The sun gives off Ultraviolet (UV) radiation. Sunbeds also give off UV radiation. These UV rays are like artificial sunshine, only stronger. The UV rays from sunbeds have the same dangers as the UV rays from the sun.

Sunbeds can cause:

- Long-term damage to the skin and eyes
- Sunburn reactions causing 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 aging
- Uneven skin colour, brought about by dark spots and dark patches on the skin
- Changes in the size and colour of moles and freckles
- Skin cancer, which may be a pink patch, pink lump or brown mole or freckle on the skin.

Make the right choice



Keep your skin colour natural or choose to darken it with fake tan.

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

About Skin Cancer

Skin cancer is an abnormal growth of skin cells. There are different types of skin cancer. Skin cancer can develop in areas that are exposed to the sun or sunbeds, but it can also form in places that do not normally get sun exposure.



Skin cancer can appear as a pink patch or pink lump. It may appear as a new mole or a change in shape or size to an existing mole. The changing moles or freckles may be the most serious.

See your doctor if you notice any moles, pink lumps or skin changes. Check your skin regularly.