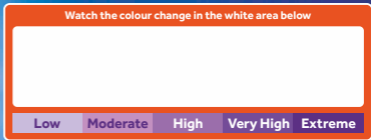


Overexposure to the sun can burn your skin and lead to skin cancer

UV TEST



1. Hold this reusable card in direct sunlight for 10 seconds.
2. Compare colour change to scale to find level of UV intensity.
3. Protect your skin if UV level is moderate or above.

PROTECT YOUR SKIN...

1. **Cover up** with a hat, long sleeves, trousers and sunglasses.
2. Apply **sunscreen** (SPF 15 or higher) and reapply **regularly**.
3. **Avoid sunburn.**
4. Check **skin regularly** for changes.
If in doubt, **get it checked** out by a GP.

www.careinthesun.org

