

SKIN CANCER  
DON'T GET  
CAUGHT  
OUT

Be **SunSmart.**

Protect yourself  
from sunburn

[sunsmart.org.uk](http://sunsmart.org.uk)

CANCER RESEARCH UK



Getting a painful sunburn just **once** every two years can **triple** the risk of the most serious type of skin cancer.

It's easy to get caught out.  
Cover up, relax in the shade  
and don't forget sunscreen,  
even in the UK.

**Protect your skin this summer.**  
Visit [sunsmart.org.uk](http://sunsmart.org.uk)