




Protect your skin on the ski slopes!

-  Temperatures may be extremely cold, but the potential for sunburn is still very high.
-  The risk of sunburn is much greater in mountainous regions than at sea level, as the atmosphere is thinner and less pollution is present, which results in less UV radiation being filtered out.
-  Remember - snow also reflects almost 90% of UV radiation meaning UV rays are much more likely to burn areas such as your nose and chin.

NEVER allow your skin
to burn in the sun

For more information on
keeping safe in the sun visit:

www.careinthesun.org

Call Cancer Focus Northern Ireland's

Freephone Helpline: 0800 783 3339



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Enjoy the sun but stay safe!

-  Seek the **SHADE** in the middle of the day when the sun is at it's strongest.
-  **COVER UP** with light-weight, loose clothing.
-  Broad brimmed **HATS** protect your ears, neck and face.
-  Always wear **SUNGLASSES** that provide 100% UV protection and carry a recognised safety standard mark.
-  Choose a **SUNSCREEN** with an SPF of at least 15 and star rating of 4+. Apply generously 30 minutes before going outdoors and re-apply regularly throughout the day.
-  **KEEP HYDRATED.** Remember to drink lots of water.

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