WHICH IS POTENTIALLY MORE DANGEROUS?



PROTECT YOURSELF

Exposure to the sun is potentially more dangerous. Skin cancer is one of the most common cancers in the UK. The number of people who develop it is increasing. The majority of cases are caused by ultraviolet radiation from the sun.

It is simple to protect yourself. Effective sun protection is as easy as 1, 2, 3

- 1 Make sure you don't burn
- 2 Cover up in peak hours
- **3** Use SPF30 or higher reapply often (waterproof, sweatproof versions available)

It's in your control. Protect Yourself.

To learn more visit www.sunsmart.org.uk



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Next sci	eening	
Date		_
Where .		

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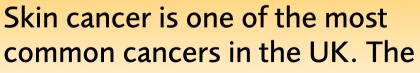
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NEXT SCREENING **CLINIC:** TH JUNE PISK R

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