



Skin Cancer Hub
Information to support
prevention and early diagnosis



Protect yourself

Over exposure to the sun can lead to skin cancer, which is often caused by sun damage in childhood.

Skin cancer is one of the most common cancers in the UK. The number of people who develop it is increasing.

There are 3 simple steps to limiting harm while enjoying outdoor activities:

- 1 Make sure you don't burn.**
- 2 Cover up during peak hours (11.00 am–3.00 pm).**
- 3 Use Factor 15* sun cream or higher, and reapply often.**
(*Waterproof and sweatproof versions are available.)

