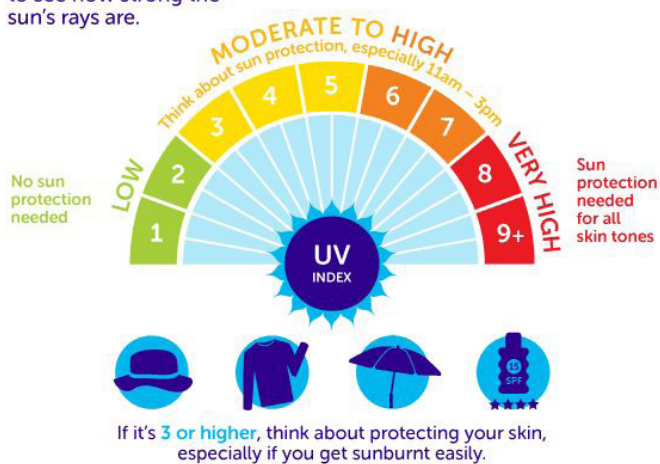


# STAY SAFE IN THE SUN

## DON'T LET SUNBURN CATCH YOU OUT

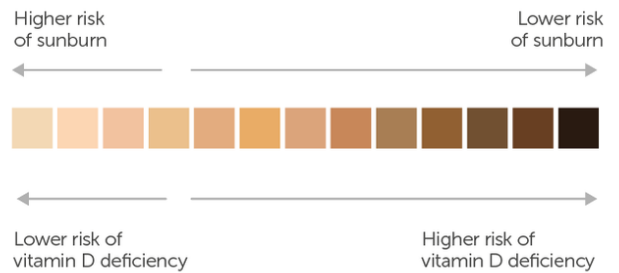
Check the UV index at [www.metoffice.gov.uk/uv](http://www.metoffice.gov.uk/uv) to see how strong the sun's rays are.



LET'S BEAT CANCER SOONER  
[cruk.org](http://cruk.org)



## Vitamin D and risk of sunburn – getting the balance right



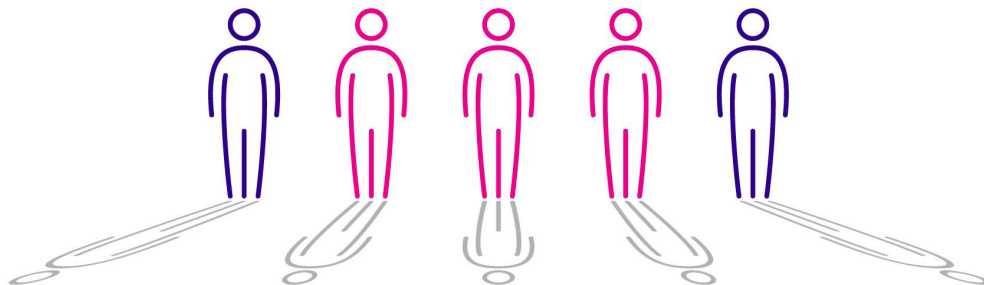
The amount of time you need in the sun to make enough vitamin D depends on your skin type. Remember to protect your skin before it burns.

Together we will beat cancer



The sun's UV rays are **strongest** when your shadow is **shorter** than you.

Middle of the day 11am – 3pm



Together we will beat cancer

