



# Be Sun Safe

**Skin Cancer is the most common cause of cancer in the Falkland Islands.**

UV radiation from the sun is both a major cause of skin cancer and the best source of vitamin D. We need to strike a balance between enough exposure to vitamin D and lowering the risks for skin cancer. Most people can get enough vitamin D from incidental exposure to the sun's rays, but you can also get it from foods or supplements. Speak to your GP or Health Professional if you are concerned about risk of deficiency. Sensible sun protection does not put you at risk of vitamin D deficiency.



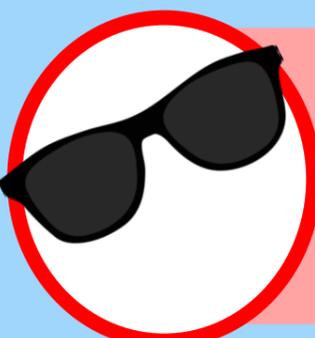
Sunscreen is recommended when the UV index is 3 or above. During spring and summer slop on broad spectrum sunscreen daily, SPF30+. Apply 20 minutes before going out, top up every 2 hours and after being in water or sweating.



If you aren't able to avoid the mid-day sun, especially when working outdoors or for long periods of time, protect your skin by covering up as much as possible.



You are more likely to get sunburnt on the face, neck and ears than any other part of the body. Protect your skin by wearing a cap with flaps or wide brimmed hat.



Protect your eyes by wearing sunglasses. The best ones to wear are close fitting and wrap around. Not all sunglasses protect against UV radiation, so check the label for the sun protection rating.



Children up to 12 months have very delicate skin and can burn very easily. Make sure to protect their skin at all times from direct sun exposure.

## Never let your skin burn!



Remember that not everyone's skin offers the same level of protection. If you are pale skinned and burn easily you are at a greater risk of sunburn so take extra precautions.

