



- **The fair skinned**
- **Children**
- **Outdoor workers**
- **Sunbed users**
- **Sudden exposures (e.g. holidays)**
- **People who have a history of severe sunburn**
- **People with a large number of freckles or moles**
- **People who play outdoor sports**

TANNING MYTHS

- ***It's not hot enough in the UK to burn.***
A fair skinned person can burn after only 20 minutes in the UK sun.
- ***I've got a tan already so I won't burn.***
Tanned skin provides some protection, but will still burn if exposed to the sun for too long.
- ***I can't get burnt if it's cloudy***
80% of UV rays penetrate light clouds and mist and fog.
- ***I can't get burnt in the water.***
UVB rays can penetrate up to 1 metre into the sea. Use a water resistant sun cream.
- ***I've got a sunbed tan.***
A tan developed on a sunbed is equivalent to a sun protection factor (SPF) of 2 or 3.

REMEMBER . . . You CAN burn

- **In the shade**
- **When it's cloudy**
- **When you're swimming**



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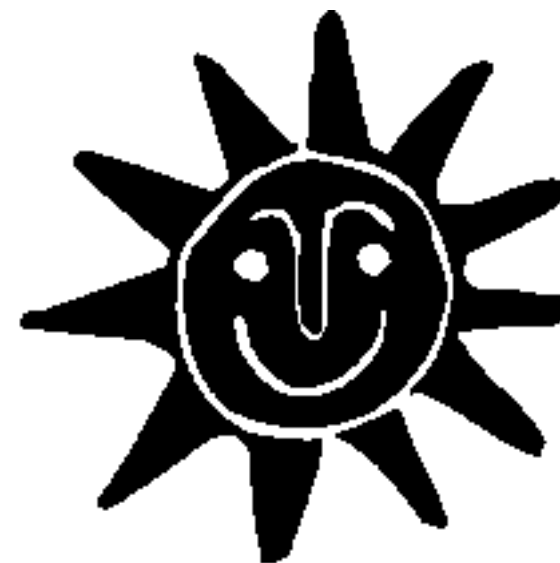
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sun know how

Sun Know How™ is a
Health Education Authority campaign

BURNING ISSUES

- **Skin cancer is now the second most common cancer in the country.**
- **Nearly all skin cancers are caused by over exposure to the sun.**
- **Sunburn is skin damage. On the surface it peels away, but deep down the damage remains**
- **Just a few doses of sunburn can lead to skin cancer years later.**
- **Most cases are fully curable, but one, Malignant Melanoma spreads rapidly and can kill if not treated quickly.**
- **Melanoma is not just a disease of middle age and later years – nearly one quarter of all cases are found in the under 40s.**
- **Non-melanomas are thought to be linked to long term exposure to the sun, which is why outdoor workers are at greater risk.**
- **Both types of such cancer could be reduced by taking more care in the sun.**

SUN UP = COVER UP

RADIATION

Sunlight contains bands of ultraviolet radiation (UV). Two of these bands UVA and UVB cause damage to our skin.

➤ UVA for Ageing

This penetrates deep into the skin and can cause it to become leathery and wrinkled prematurely.

➤ UVB for Burning

This band is absorbed in the upper layers of the skin and causes sunburn. It is thought to be responsible for most skin cancers.

SUNBEDS

Sunbeds emit UVA and some UVB, so excessive use may lead to skin cancer.

GLASS

UV radiation can penetrate glass. This means that if you are sitting in a car in the sun you can still burn.



PROTECTION PLAN

1. COVER UP.

Clothing and headwear is the best sunscreen.

2. SHIFT TO THE SHADE.

Around mid-day, burn times are shortest.

3. DON'T BURN.

Sunburn could cause permanent damage.

4. USE A HIGH FACTOR SUNSCREEN.

When using a sun screen, spread liberally and re-apply frequently.

For further information, contact:

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