

ECL SUN SAFETY RECOMMENDATIONS¹

Excessive UV exposure causes premature skin ageing and skin cancer!

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LIMIT TIME IN THE MIDDAY SUN

Avoid direct sun exposure when the sun is the strongest, typically between the hours of 11:00 and 15:00 but can be longer depending on where you are.
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SEEK SHADE

Seek shade between the hours with most intense UV-radiation. Even in the shade, be aware of reflections from surroundings such as water, sand, and snow, as these can increase UV-exposure.
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WEAR PROTECTIVE CLOTHING AND SUNGLASSES

Wear clothing to cover your arms and legs. Wear a hat with a wide brim to shade your face and neck. Wear sunglasses that absorb UVR to reduce the risk of eye damage. Tightly-woven fabrics offer more protection against UV rays.
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USE SUNSCREENS

No sunscreen can provide complete protection. Sunscreens should be used in conjunction with shade, clothing, hats and sunglasses, not instead of them. Never use sunscreen to prolong your exposure to the sun. Use sunscreens with at least SPF 30, with both UVA and UVB filters. Apply generously 30 minutes before sun exposure. Reapply every 2 - 3 hours. Do not forget sensitive areas such as lips and ears.
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PROTECT CHILDREN

Apply all above recommendations with extra care to children. The younger you are, the more vulnerable you are. Infants under 6 months of age should be kept out of the sun.
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KNOW HOW YOUR SKIN REACTS IN THE SUN

For example, if you are fair-skinned, red-haired or freckled, you are most sensitive to the rays of the sun.
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USE THE UV INDEX (UVI)² TO PROTECT YOURSELF

Find out the UV Index through official sources.³ Be aware that skin damage occurs when the UV Index radiation level is at 3 (moderate) and higher.
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DO NOT USE SOLARIUMS / SUNBEDS

Sunbeds increase the risk of skin cancer and cause premature ageing of the skin and harm to the eyes. There is no such thing as a "healthy" or safe tan. Tanning on a sunbed does not provide a better base for later additional tanning in the sun.
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KNOW YOUR SKIN

Check your skin regularly and be aware of any changes, moles that change size, shape or colour, or new moles. If you notice any changes, consult a health professional.

REMEMBER:

- Be careful of the sun no matter where you are – at home, work, school, daycare, etc., and not just at the beach and mountains or during holidays!
- The more recommendations you follow, the lower your skin cancer risk will be.

¹ These recommendations are the result of an online consultation among cancer league representatives and external partners, and a workshop which took place in Brussels in April 2018.

² The official UV index used worldwide. More information can be found at the World Health Organization website: http://www.who.int/uv/intersunprogramme/activities/uv_index

³ Each country has official sources for the UV Index. WHO has provided a list of over 30 reputable online sources: <http://www.who.int/uv/resources/link/indexlinks/en/>