

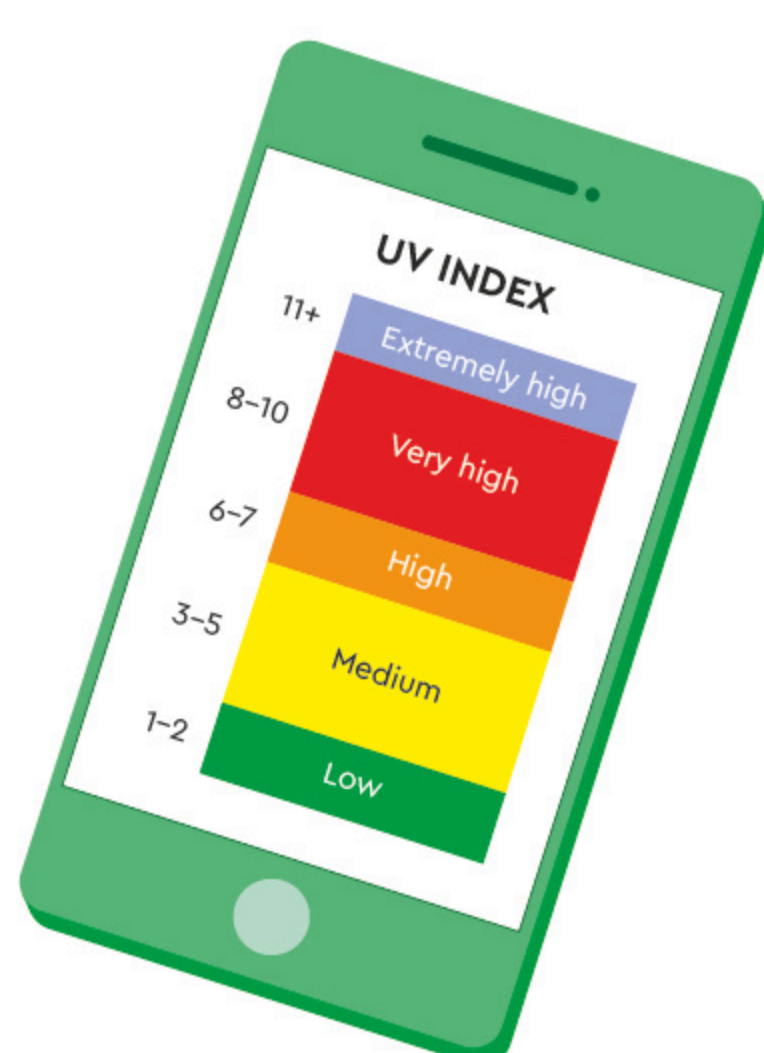
# Top tips for sun safety after cancer treatment

We need sunlight for strong bones and teeth, and to stay healthy. But it is important to protect our skin from too much sunlight.

After cancer treatment, you may need to be extra careful in the sun. Your skin may be more sensitive and burn more easily.

## UV FORECAST

Check the UV forecast in your area. In the UK, sunlight is strongest between 11am and 3pm between March and October.



## SHADE

Stay in the shade when you can, especially when sunlight is strongest.



## CLOTHING

Cover up in the sun by wearing:

- clothing made of a close-weave fabric
- long-sleeved tops and trousers
- a wide-brimmed hat to protect your face, neck and ears
- sunglasses with wide wraparound lenses or wide arms that have the CE Mark or British Standard Mark.



## SUNCREAM

Use a suncream that:

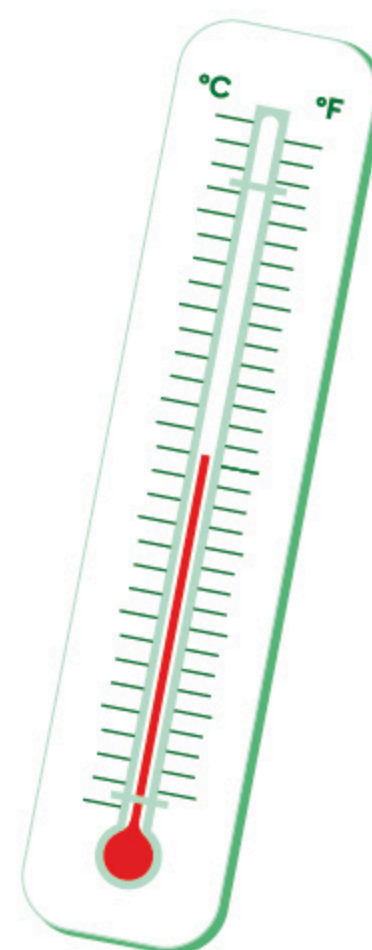
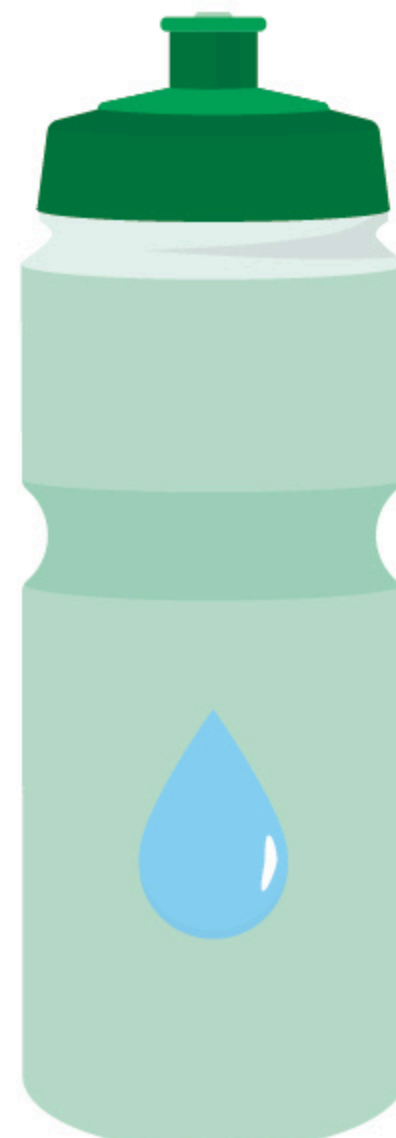
- protects against both UVA and UVB radiation
- has a high sun protection factor (SPF 30 or above).

Reapply it regularly and make sure to use enough. 6 to 8 teaspoons should be enough to cover most adults.

## STAYING HYDRATED

It is good to get outside and be active. But heat can make cancer-related fatigue (tiredness) worse.

Drink plenty of fluids throughout the day, unless your doctor or nurse has given you advice about restricting how much you drink.



We have more information about sun safety in our booklet **Travel and cancer** and on our website at [macmillan.org.uk/travel-and-cancer](http://macmillan.org.uk/travel-and-cancer)