

Worried about **SKIN CANCER?**



Contact your GP surgery
(First point of care)



Macmillan Cancer Support
0808 808 00 00
(free, 7 days a week)



NHS 111
dial 111 for urgent advice
when your GP is closed



Cancer Focus
Northern Ireland
0800 783 3339

More help

CAREINTHESUN.ORG

Care in the Sun is an initiative launched under the Northern Ireland Skin Cancer Prevention Strategy, aimed at reducing skin cancer rates and sunbed use.

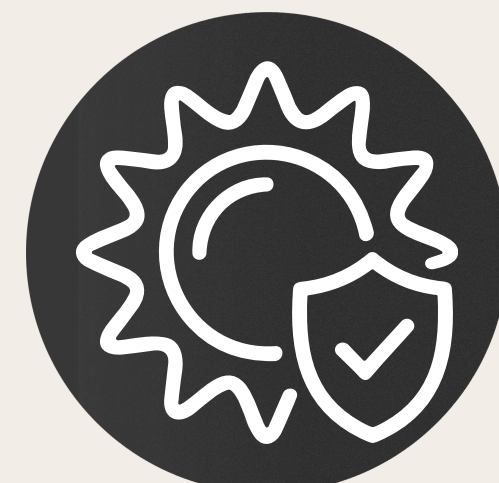
Scan here!



USE SPF 50 BROAD
SPECTRUM
SUNSCREEN. REAPPLY
EVERY 2HRS.



CHECK YOUR SKIN
REGULARLY. KEEP A
GALLERY OF
PHOTOS ON YOUR
PHONE.



PLAN AHEAD.
USE SUN
PROTECTION
WHEN UV LEVELS
ARE 3 +

YOU'RE NEVER WASTING ANYONE'S TIME BY GETTING CHECKED.



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FOUNDATION