

## Vitamin D

We all need vitamin D for strong bones and a healthy immune system. Vitamin D is produced in our bodies when our skin is exposed to the sun. The time it takes to produce vitamin D varies from person to person and depends on factors such as skin type, time of day and time of year. The amount of sun required to produce vitamin D is always less than the amount that would cause skin tanning or sunburn. Sunburn doubles the risk of skin cancer.

## Enjoy the Sun Safely

### Tips

- Between 11am and 3pm seek shade.
- Cover up in the sun with t-shirt, hat and sunglasses.
- Use a sunscreen with a SPF of 15 or greater for UVB protection and 4 star or greater for UVA protection - see sunscreen bottle.
- Take extra care with children, their skin is often more sensitive and more easily burned.
- Check moles for changes, especially changes in size, colour and shape and look out for new growths.
- Skin cancer can grow from a freckle, mole or a normal area of skin.

[www.careinthesun.org](http://www.careinthesun.org)

Freephone Cancer Helpline

**0800 783 3339**



# Hands Up!

Do you know your skin type?



**Knowing your skin type can help you stop burning in the sun and help prevent skin cancer**

## Who is most at risk?

There are six skin types. Choose the one that is most like you. The vast majority of people living in Northern Ireland have either skin type 1 or 2.



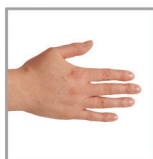
### SKIN TYPE 1

Often burns, rarely tans. Tends to have freckles, red or fair hair, blue or green eyes.



### SKIN TYPE 2

Usually burns, sometimes tans. Tends to have light hair, blue or brown eyes.



### SKIN TYPE 3

Sometimes burns, usually tans. Tends to have brown hair and eyes.



### SKIN TYPE 4

Rarely burns, often tans. Tends to have brown eyes and hair.



### SKIN TYPE 5

Naturally brown skin. Often has dark brown eyes and hair.



### SKIN TYPE 6

Naturally black-brown skin. Usually has black-brown eyes and hair.

## Sun care advice



Always remember your **first choice** for sun protection should be to **cover up with t-shirt, hat and sunglasses** and **seek shade**. These are general tips. It is important to know your skin type and how it reacts in the sun.

Skin type 1 – Wear sunscreen (SPF 15 – 25) if outdoors for more than 10 minutes during the summer locally. Whilst on sunny holidays wear high SPF sunscreen (30 – 50)

Skin type 2 – Wear sunscreen (SPF 15 or greater) if outdoors for more than 10 minutes in local summer sunshine. Also whilst on sunny holidays wear high SPF sunscreen (30 – 50)

Skin type 3 – Wear sunscreen (SPF 15 – 25) when exposed to prolonged sun locally or when on sunny holidays.

Skin type 4 – You can still burn with prolonged sun exposure so still apply sunscreen.

Skin type 5 – Although you may tan very readily sunscreens should be applied in intense or extreme exposure.

Skin type 6 – You may tan very readily sunscreens however should be applied in intense or extreme exposure.