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**Skin Cancer Facts**

- Skin cancer is the most common cancer in Ireland among both men and women. Over 11,000 new cases are diagnosed every year.
- Skin cancer is the most common cancer among 15–44-year-olds in Ireland.
- 9 out of 10 cases are caused by the sun's ultraviolet (UV) rays and can be prevented.
- Up to 90% of UV rays can pass through light clouds so it's important to take care on cloudy Irish days as well as sunny days.
- A tan or sunburn may go away but the damage to your skin remains. It builds up every year and can lead to skin cancer later in life.
- 90% of skin cancers are preventable, and if spotted early, up to 90% of cases are curable.

**Who's at Risk?**

We all need to protect our skin. People who spend most of their time working outdoors have a higher-than-average risk of skin cancer.

Take extra care if you:

- Have pale or freckled skin that does not tan or burn before it tans
- Have naturally red or fair hair
- Have blue, green or grey eyes
- Have a large number of moles (50 or more)
- Burn easily or have a history of sunburn
- Have already had skin cancer or have a close family member who has or had skin cancer.

Follow the SunSmart Code

- Wear sunscreen with high protection and UVA protection. Reapply every 2 hours.
- Wear long-sleeved clothing.

For more information, go to www.cancer.ie/sunsmart