



## Sunsmart when Walking

Walking is a great way to get outside for some fresh air and exercise, and is great for your physical and mental health.

From April to September take extra care to use sun protection and protect your skin. Being SunSmart reduces your risk of skin cancer.

In Ireland, ultraviolet (UV) rays from the sun are strongest from April to September, especially between 11am-3pm. Even when it is cloudy you should protect your skin as the sun's rays can travel through cloud.

Skin cancer is the most common type of cancer in Ireland, but it can be prevented by following the Healthy Ireland Simple SunSmart tips.

Make sure to protect your skin, even on short walks.

You can protect you skin and enjoy walking by following these simple Healthy Ireland SunSmart messages.

### Healthy Ireland Simple SunSmart Tips:

- **Slip** on clothing that covers as much skin as possible while still being comfortable. Wear clothes with long sleeves and high collars to protect your neck. Wear close-woven material that does not allow sunlight through.
- **Slop** on broad-spectrum sunscreen (UVA/UVB) on sun exposed areas of skin. Use a sun protection factor (SPF) of at least 30+ for adults and 50+ for kids, with a high UVA protection and that is water resistant. Apply sunscreen at least 20 minutes before heading out and reapply regularly, at least every two hours, more frequently if you are sweating. No sunscreen can provide 100% protection, so should be used alongside clothing that covers skin and shade.
- **Slap** on a wide-brimmed or bucket hat to protect your face, neck and ears. Typical baseball-style caps provide no sun protection for the ears and neck, which are particularly vulnerable and often overlooked.
- **Seek** shade. Choose walking paths where there is shade whenever possible. Use a sunshade on a buggy or pram and keep babies and young children out of direct sunlight. The sun's UV is strongest between the hours of 11am to 3pm so try to walk earlier in the morning or later in the evening when UV is less intense.
- **Slide** on sunglasses. Protect your eyes by wearing wraparound sunglasses with UV protection.