

In partnership with

MACMILLAN
CANCER SUPPORT

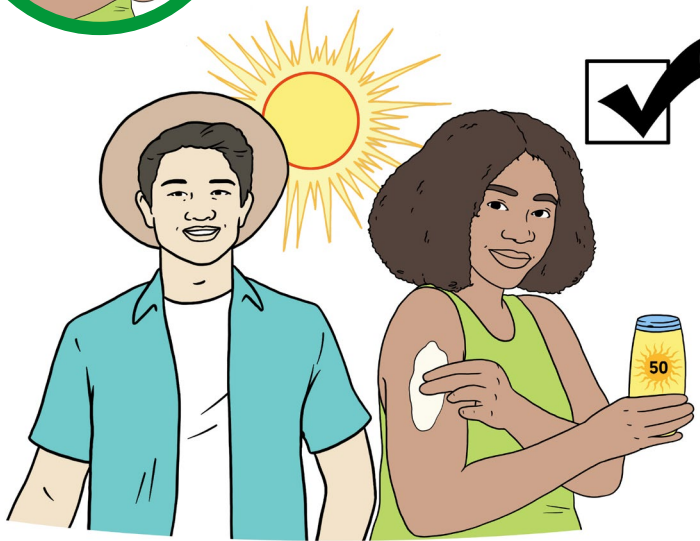
easy
read

Be safe in the sun

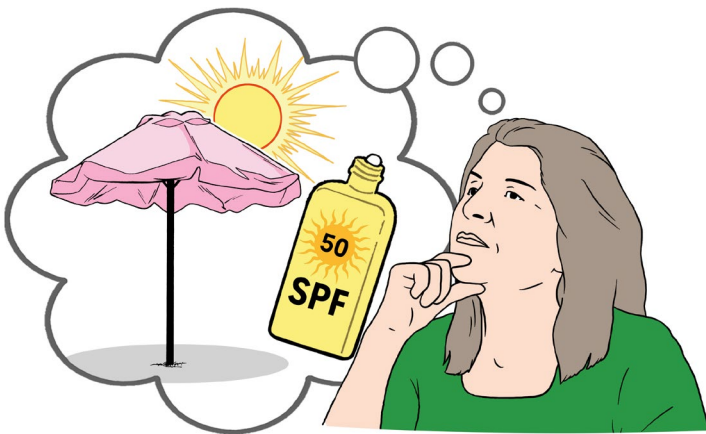




About this easy read booklet



This booklet is about being safe in the sun.



You can learn about how to lower your risk of getting skin cancer.



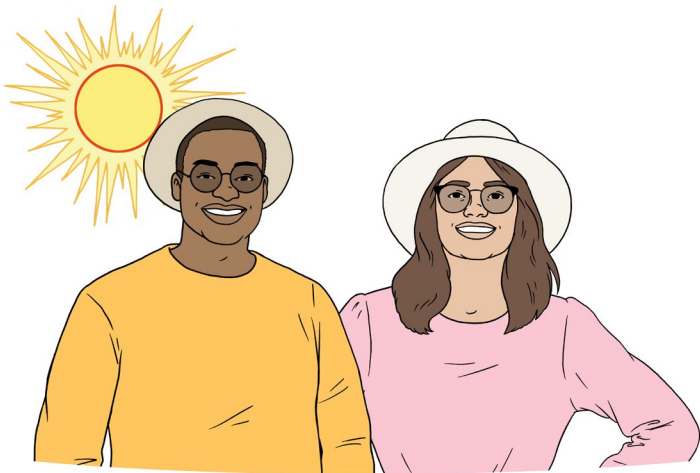
If you are worried about your health, you should talk to a doctor or nurse.



Be safe in the sun



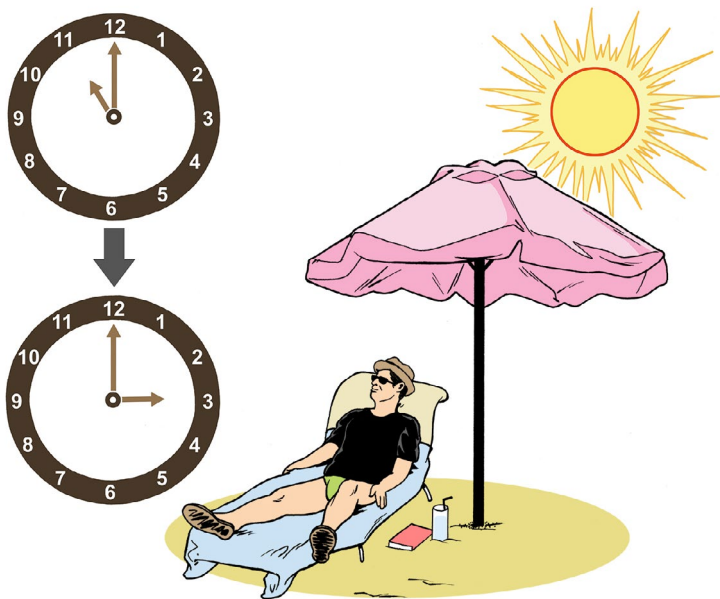
You can make changes to your life that may make you less likely to get cancer.



You can do things to keep yourself healthy. Being safe in the sun is one of these things.

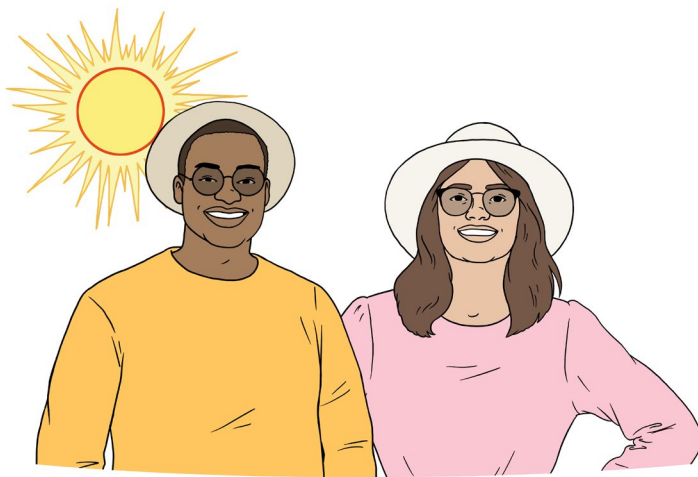


Too much sun is the main cause of skin cancer.

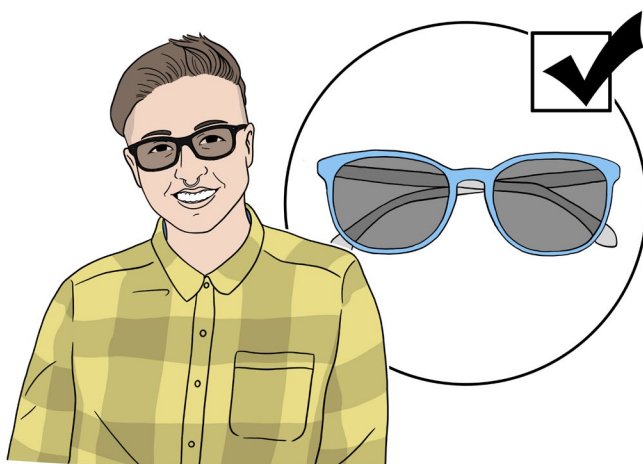


You can lower your risk of getting skin cancer by doing a few simple things:

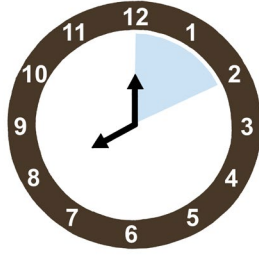
- Stay in the shade when you can. Try to stay in the shade when the sun is strongest between 11am and 3pm.



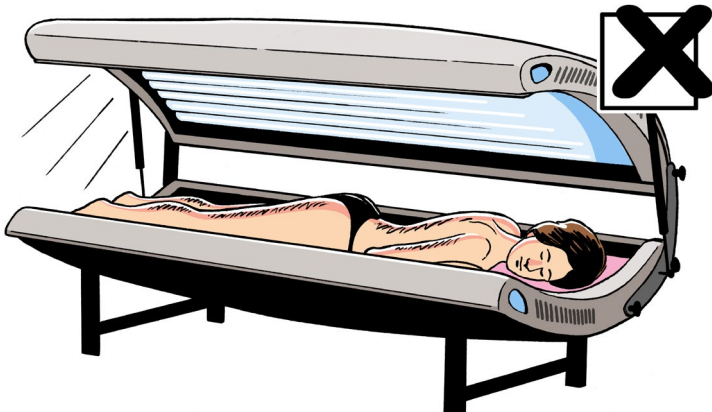
- Wear a hat and long sleeved top to protect your skin from the sun.



- Wear sunglasses to protect your eyes.



- Use sun cream every 2 hours when you are out in the sun.



- Do not use sunbeds.

Sunbeds can cause skin cancer. This includes the ones you stand up in.



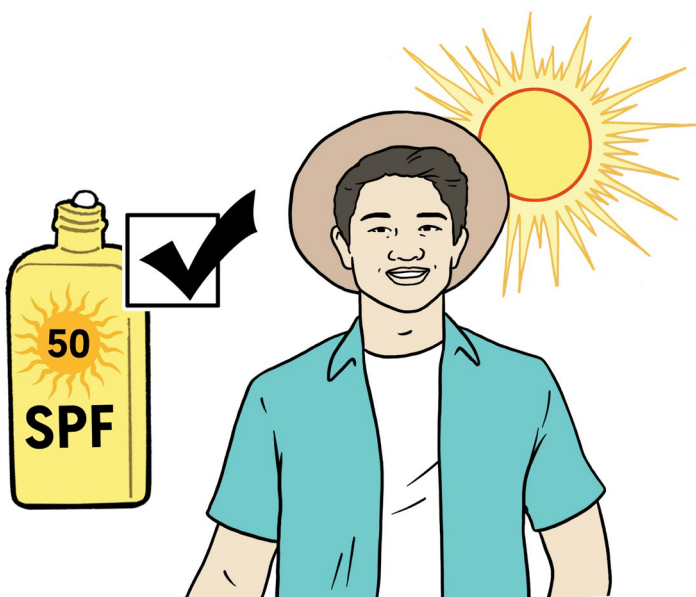
Everyone needs to wear sun cream. If you have black or brown skin, you have a lower risk of skin damage from the sun. But all types of skin are at risk of skin cancer.



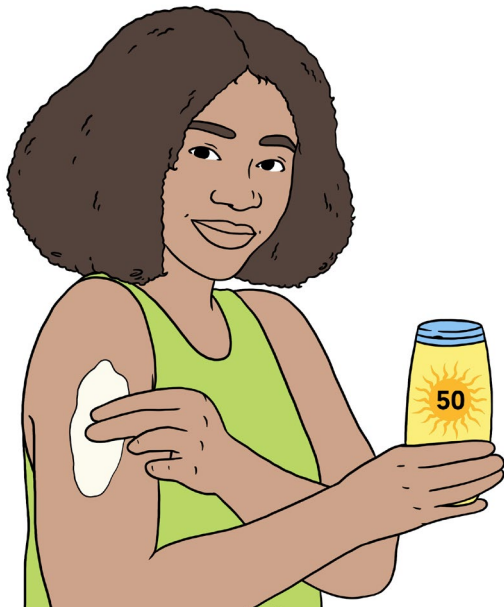
Different sun creams give you different levels of protection from the sun. This level is called a sun protection factor, or SPF.



On every sun cream bottle it says what the SPF of that cream is. Use one that is SPF 50, or at least 30.

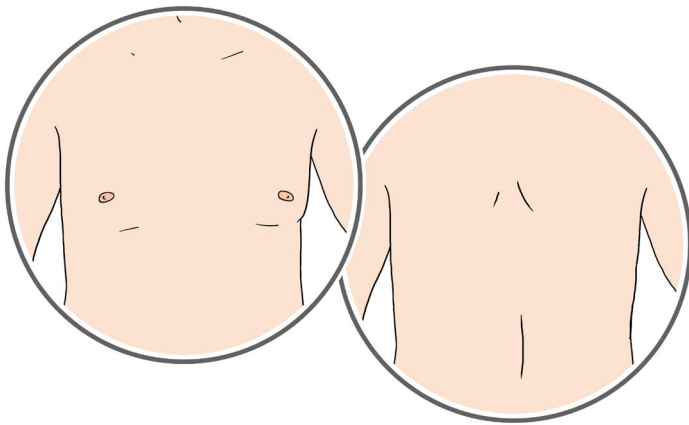


Make sure you use enough sun cream and put it everywhere on your body that will be in the sun.



You usually need about a teaspoon of cream for each of these areas:

- each arm and leg



- the front of your chest

- your back



- your face, ears and neck.



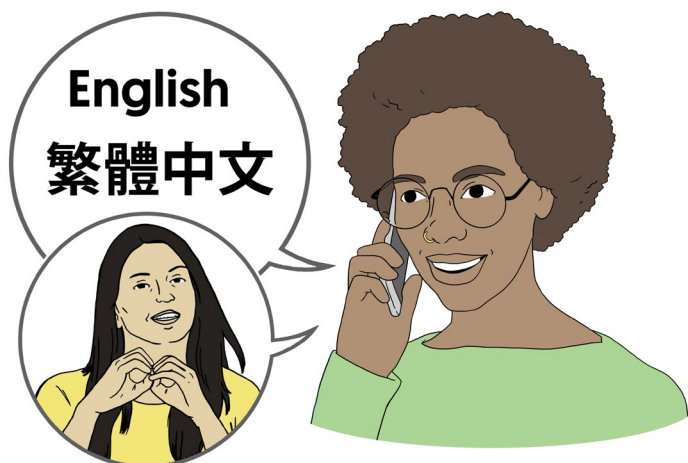
How Macmillan can help you



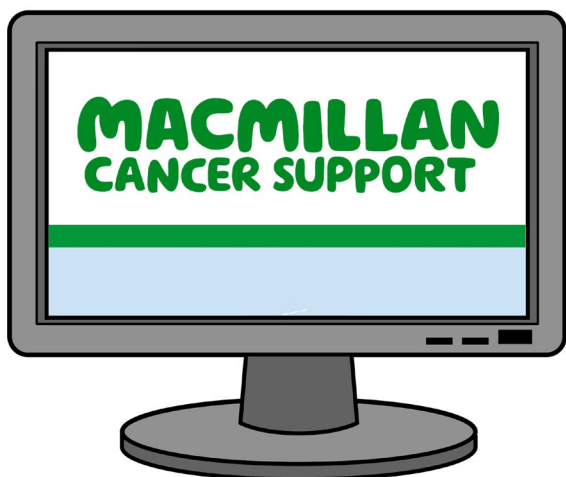
You can get support from:

The Macmillan Support Line

Call **0808 808 00 00** 7 days a week, 8am to 8pm.

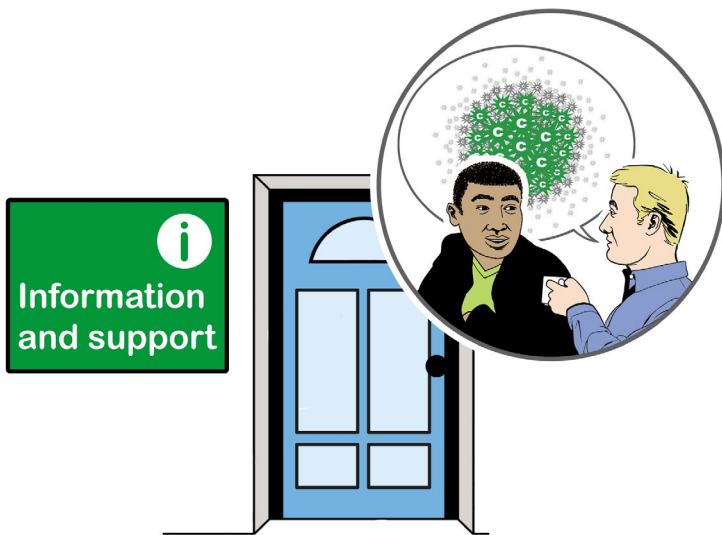


You can speak to us in your language, including British Sign Language (BSL). Just tell us what you need when you start the call.



The Macmillan website

Visit **macmillan.org.uk** for information about cancer. You can also use our web chat to ask questions at **macmillan.org.uk/talktous**



Information centres

You can talk to a cancer support specialist and get written information. Find your nearest centre at

macmillan.org.uk/informationcentres or call us.



Local support groups

Find a group near you at

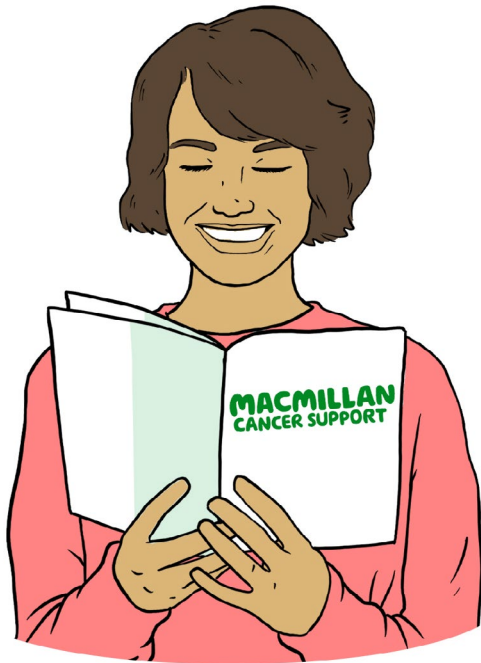
macmillan.org.uk/supportgroups or call us.



Macmillan Online Community

You can talk to other people in similar situations at

macmillan.org.uk/community



Macmillan can give you information in different ways:

Booklets about cancer

You can order booklets about cancer from

orders.macmillan.org.uk



Videos

You can watch videos about cancer at

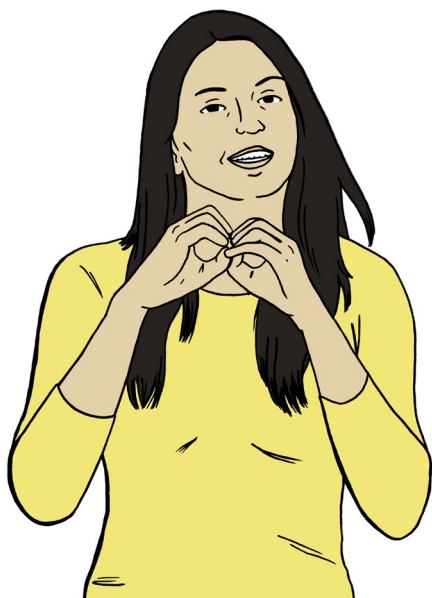
macmillan.org.uk/videos



Audio

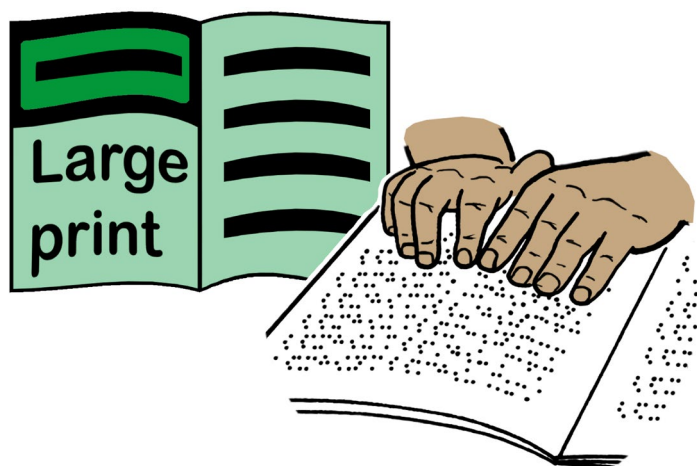
You can listen to information about cancer and order CDs from

macmillan.org.uk/audio



British Sign Language (BSL)

You can watch information in BSL at macmillan.org.uk/bsl



Large print or Braille

Tell us if you need information in large print or Braille.

Email: informationproductionteam@macmillan.org.uk



Translations

Tell us if you need information in another language.

Email: informationproductionteam@macmillan.org.uk



More easy read booklets



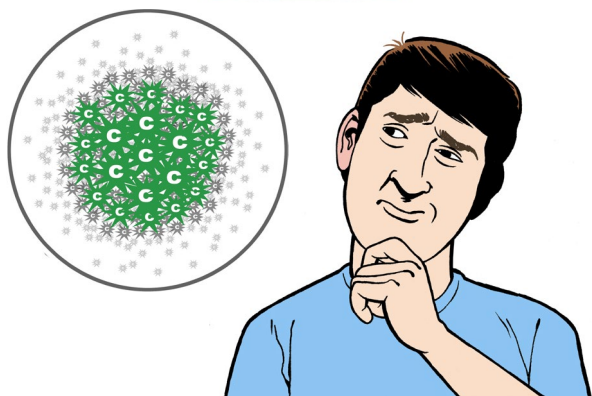
Order more easy read booklets from macmillan.org.uk/easyread

There are booklets on lots of topics:



About Macmillan

- How Macmillan Cancer Support can help you
- Holistic Needs Assessment (HNA)



About cancer

- Lung cancer
- What is cancer?



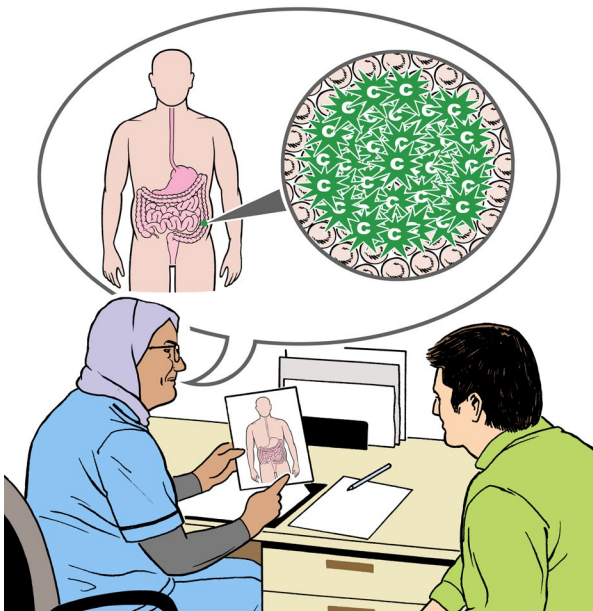
Signs and symptoms

- Breast care and screening
- Cervical screening (smear test)
- How to check your balls (testicles)
- Signs of cancer
- Symptoms of cervical cancer
- Symptoms of prostate cancer



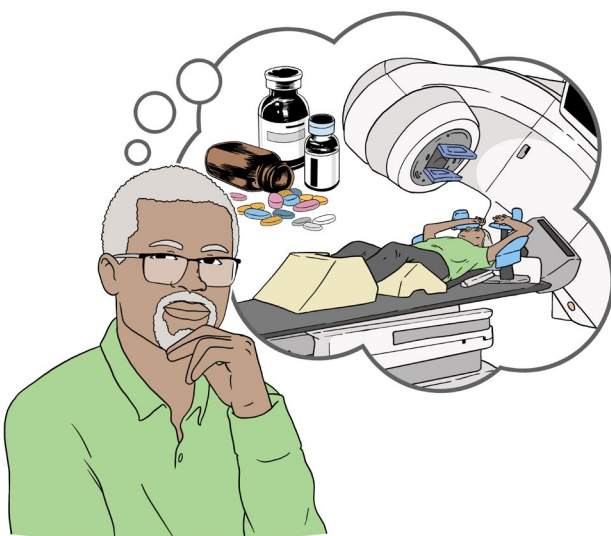
Tests for cancer

- Having a biopsy
- Having a colonoscopy
- Having a CT scan
- Having an endoscopy
- Having examinations and blood tests
- Having an MRI scan
- Having an ultrasound
- Having an x-ray



Being told you have cancer

- Finding out you have cancer
- Getting your test results
- Seeing the doctor



Deciding on your treatment

- All about me – notes for my healthcare team
- Deciding about treatment
- How to get equal healthcare
- If you are unhappy with your care



Treatment for cancer

- Chemotherapy
- Giving your consent
- Having surgery
- Radiotherapy
- Side effects from chemotherapy
- Side effects from radiotherapy
- Treatments for prostate cancer



Living a healthy life

- Alcohol and your health
- Be safe in the sun
- Eat a healthy diet
- Exercise
- Have safer sex



Living with cancer

- Claiming benefits when you have cancer
- Complementary therapies
- Help with costs when you have cancer
- LGBTQ+ people and cancer
- Talking about cancer and your feelings



Living with cancer

- What happens after cancer treatment ends
- Work and cancer
- Your sex life and cancer
- Your social life and cancer



End of life

- Changes that can happen at the end of life
- Choosing where to die
- Things you can do when getting ready to die
- Thinking about your funeral
- Who can help if you are dying
- Your feelings when you are dying



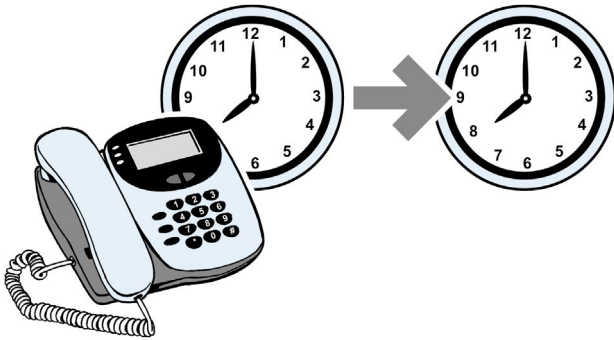
After someone dies

- Going to a funeral when someone dies
- Your feelings when someone dies and what can help

To order easy read booklets like this one go to the website macmillan.org.uk/easyread or call us on **0808 808 00 00**

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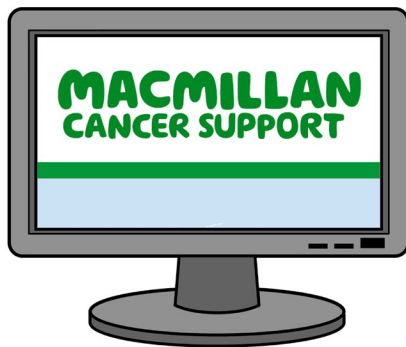
It is for anyone who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



- Call us free on:
0808 808 00 00
7 days a week from 8am to 8pm.



- If you use a textphone, you can call:
18001 0808 808 00 00



- Or go to the website:
macmillan.org.uk

This easy read booklet has been produced by Macmillan Cancer Support working with CHANGE.

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