


# What is the UV Index?

The UV Index shows when the sun's rays are at their most harmful. The higher the number, the faster skin damage occurs.

In Jersey, UV levels can be high enough to damage skin from as early as March through to October, even on cool or cloudy days.

Protect your skin when UV reaches 3 or above



UV Level	What to do
1-2 Low	Protection usually not required
3-5 Moderate	Limit sun 11am – 3pm; avoid long exposure. SPF 30+
6-7 High	Stay in shade 11am - 3pm; cover up and use SPF 30+
8-10 Very High	Avoid sun 11am – 3pm; cover skin with clothing, wear a hat, sunglasses and SPF 30+
11+ Extreme	Avoid being outside 11am – 3pm; cover skin with clothing, wear a hat, sunglasses and SPF 30+

Check UV level at [gov.je/weather](http://gov.je/weather)

## Let's make Jersey the most sun-safe place in the British Isles.

From beaches, sports pitches and catching the waves to building sites, cycling home, cliff-path walks, and outdoor events, outdoor living is part of Jersey life.

It's part of what makes Jersey special. It's also why protecting our skin matters. With a few simple habits, we can enjoy it more safely.

- ✓ Never burn
- ✓ Check the UV
- ✓ Seek shade
- ✓ Cover up
- ✓ Use SPF 30+



### How hot are you on sun safety?


Take our free online Sun Safety Quiz to find out how hot you really are on sun safety and get personalised advice based on your habits, skin and lifestyle.



Take the quiz



# How hot are you on sun safety?



Jersey is the sunniest place in the British Isles and our skin feels every minute of it. Now's the time to get savvy about sun safety.

**Make Jersey the most sun-safe place in the British Isles.**

# The facts are hard to ignore

Jersey enjoys more sunshine than anywhere else in the British Isles.

Yet skin cancer rates here are higher than in England, the South West and even Guernsey.

Skin cancer is Jersey's most common type of cancer.

## The good news?

Up to 90% of skin cancers are preventable with simple sun-safe habits. That's why we're on a mission to



## Five ways to save your skin

### 1. Never burn

Follow the advice below to give your skin the best protection from UV damage.

### 2. Check the UV index

If UV is 3 or above, sun protection is recommended.

### 3. Seek shade

Especially between 11am and 3pm when UV levels are strongest.

### 4. Cover up

A hat, sunglasses and protective clothing all help.

### 5. Use SPF30+

Apply generously before heading outdoors and reapply every two hours. Always check for a minimum 4-5-star UVB protection or the UVA circle symbol.

## Check your moles: ABCDE guide

### A - Asymmetry

Is your mole an uneven shape?

### B - Border

Is the edge jagged, blurred, or irregular?

### C - Colour

Is your mole a different colour, or has the colour changed?

### D - Diameter

Is it bigger than 6 millimetres?

Most melanomas are larger than 6mm when diagnosed, but they can be smaller if found early.

### E - Evolving

Has it changed in size, shape, or colour?

**Know your skin:** Check your skin regularly and speak to your GP if you notice changes.

Most skin cancers can be treated successfully if they're found early.

**If you notice any changes to your moles or skin, book a GP appointment.**

# Did you know?

- 1 UV damage is a major cause of skin aging like wrinkles and brown marks.
- 2 Cloud doesn't cancel UV. Over 90% of UV rays still penetrate clouds.
- 3 UV damage builds up over time, even when you don't burn. High sun exposure increases the risk of skin cancer for anyone, regardless of skin type.

## Young skin needs protection too

- 4 One blistering sunburn in childhood can more than double melanoma risk later in life.
- 5 Sunbeds are in the same class as other cancer-causing hazards like tobacco smoking and asbestos.

## Outdoor life comes with extra exposure

- 6 Outdoor workers face higher UV exposure than many other groups.
- 7 UV can damage skin even when it doesn't feel particularly hot.

