

# The truth about UV rays

**TRUE**



**Ultraviolet (UV)  
radiation from  
the sun can't  
be seen or felt**

**TRUE**



**You can get  
sunburnt on a cold  
or cloudy day**

**FALSE**



**The amount of UV  
that reaches the  
Earth is always the  
same everywhere**

**TRUE**



**UV can damage  
all skin types**

**TRUE**



**You need to apply  
sunscreen every  
two hours**

**FALSE**



**You don't need  
sun protection  
in winter**



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