



“You can’t get sunburnt if it’s cloudy” – FALSE!

Clouds don't offer much ultraviolet protection on days when the sun is strong.

When cloud cover is light or partial, UV penetration can remain very high.

If half the sky is covered in clouds, 80% of UV still shines through.

So you still need to protect your skin from sunburn even on cloudy days!

Make sure you protect yourself and use sunscreen of at least SPF15 on any exposed skin

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