

**POLLY**



As a researcher of skin cancer, I know the dangers of being in the sun and the consequences of UV exposure to the skin.

I wear SPF 30+ every day and on sunny days I wear SPF 50+ to protect my skin.

I think that everyone should wear sun cream daily as people always underestimate how strong UV rays are. Even when it's cloudy or cool, you're exposed to UV, so it's best to be safe.

**MICHAEL**



Why might researchers like Polly and Michael feel so strongly about wearing sun cream?