



# Sun Safety

All skin types and skin colours suffer from sun damage, so we all need to take care of ourselves! Following these tips as adults, will not only protect us but will set a good example to our children and help them to understand the importance of sun safety.



The sun is at its strongest between 11am–3pm, during these times try and stay in the shade, for example; under trees, a play tent or canopy or a parasol.

Drink plenty! The sun can dehydrate us and if you/your children are out playing in the sun you may also loose fluids by sweating so keep drinking—water is best. If you feel dizzy, have a headache, feel sick and have dry lips, a dry tongue, a dry mouth and/or feel tired you may be dehydrated— if urine is concentrated and appears darker than normal this can also be a sign of dehydration.



Use sunscreen—the NHS recommends SPF30 with UVA/UVB protection— use it every time you go outside and re-apply every two hours when playing/working outdoors. If you plan to spend lots of time in the sun, apply 30mins before going out and then again just before going out. Re-apply more often when swimming, even if you have water resistant SPF, water washes sunscreen off and reflects UV rays. For more information on this, take a look at the links on page 5 under useful resources— sun safety.



Choose clothing and accessories that will protect you in the sun! Wear loose clothing with a close weave (like cotton) that covers your skin. Sunscreen should be applied to skin that is exposed to the sun. Wearing a wide brimmed hat will cover your neck, face and ears as well as your head but if you only have a cap make sure that you use sunscreen on your neck, face and ears too. Wear sunglasses to protect eyes from UV rays, look for sunglasses that wrap around or have wide arms and block as close to 100% of both UVA and UVB rays as possible. Avoid looking directly at the sun, doing so can cause permanent eye damage!



HAVE ANY QUERIES OR CONCERNS?

Parents - Text us on 07507 329 114

If you are age 11-18 - Text us on 07507 331 949