Sun safety

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The best way to enjoy the sun safely and protect your skin from sunburn is to use a combination of shade, clothing and sunscreen.

Protect yourself and your children

Too much sun causes damage that can't always be seen, so it's important to protect yourself or your child from the sun's harmful UV rays.

Kids especially burn easily and sunburn during childhood can increase the risk of skin cancer later in life.

Enjoy the sun safely by following a few simple:

- Use at least SPF30 sunscreen generously and re-apply regularly
- Wear a t-shirt, hat and sunglasses
- Avoid midday sun (11.00am - 3.00pm)

Advice for outdoor workers

Being exposed to the sun for long periods of time can cause skin damage that you can’t always see. Follow these simple steps to protect

yourself:

- Keep your top on
- Wear a hat that covers your ears and the back of your neck
- Stay in the shade whenever possible
- Use at least SPF30 sunscreen
- Drink plenty of water to avoid dehydration

For further advice, visit the NHS choices website.

Sunburn

Painkillers, such as paracetamol or ibuprofen, will ease the pain of sunburn by helping to reduce inflammation. Sponge sore skin with cool water then apply soothing after sun or calamine lotion.

If you feel unwell, or the skin swells badly or blisters, seek medical help. Stay out of the sun until all signs of redness have gone.

Sunbeds

Sunbeds give out harmful UV rays which damage your skin and can make it look wrinkled, older or leathery.

The UV rays from sunbeds can also damage the DNA in your skin cells, and over time this damage can build up to cause skin cancer.

Sunbeds can sometimes be marketed as a 'controlled way' of getting a safer tan. But actually, sunbeds are no safer than exposure to the sun itself, and the amount of UV people receive varies enormously too.

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