



Dos and Don'ts for enjoying the sun safely

Do use our no nonsense guide to being safe in the sun at home and abroad. Don't get caught out by sunburn!

- ☀ **Don't** under-estimate the strength of the sun in the UK, you can most definitely be sunburnt without leaving our shores
- ☀ **Do** wear sunscreen of at least SPF 15 and 4 stars for UVA protection. The UVA in a circle symbol means that the sunscreen complies with European standards
- ☀ **Don't** splash out on expensive sunscreen – cheap is equally as good, just make sure it's at least SPF 15 and has a minimum of 4 stars for UVA protection
- ☀ **Do** buy new sunscreen each year – as it ages, the chemicals which make it work break down
- ☀ **Don't** use a higher factor to stay out in the sun longer, it's much safer to reapply a lower factor regularly and cover your skin with clothing
- ☀ **Do** reapply sunscreen every 2 hours and after swimming or sweating heavily – even if it is a "once a day" or waterproof brand
- ☀ **Don't** depend on SPF 15 makeup to protect your face from sun damage. For it to work effectively it would need to be applied as thickly as you would for sunscreen and reapplied every 2 hours – maybe not a good look!
- ☀ **Do** seek shade between 11am and 3pm when the sun is at its strongest – even in the UK. Do the shadow test: if your shadow is shorter than you, the sun is too strong to risk not protecting your skin
- ☀ **Don't** think that sun hats are just for babies and children, a wide brimmed hat is a great way to protect your face and neck from sun damage. The best way to protect your scalp if your hair is thinning is by wearing a hat.
- ☀ **Do** use enough sunscreen – you'll need about 2 teaspoons for your face, neck and arms and 2 tablespoons if you're wearing a swimsuit
- ☀ **Don't** expose babies under the age of 6 months to direct sunlight, keep them in the shade and cover their delicate skin with clothing and a hat
- ☀ **Do** use sunscreen on babies and children of at least SPF 30 and cover as much of their skin with clothing as you can to minimise their exposure to the sun
- ☀ **Don't** be fooled by people telling you a tan is healthy, a tan is a sign that your skin has been damaged by the sun
- ☀ **Do** wear sunglasses. Choose ones with the CE mark and the British Standard Mark of 12312-1:2013E, with either wrap around lenses or wide arms to protect your eyes

Above information was taken from www.nhs.uk and Cancer Research UK
www.cancerresearchuk.org