

We know children love spending time outdoors, whether in the garden, park or beach, however, their skin is more delicate than an adult's and can easily be damaged by the sun, even when it doesn't seem strong.

SUN SAFETY



Use a sunscreen with a minimum SPF 50 and at least 4 stars for UVA protection.



Wear sunglasses, ideally with wrap around lenses or wide arms, which carry CE and British Standard marks.



Reapply every two hours or immediately after swimming or sweating.



No sunscreen offers 100% protection so cover up with loose close weave clothing (such as cotton) and a wide brimmed hat to protect the neck, ears and face.



Generously apply sunscreen (5 teaspoons to cover the whole body) 15 to 20 minutes before going out.

Seek shade between 11am – 3pm when the sun is at its strongest. Always keep babies and toddlers in the shade if you can.



By following these simple tips your child will be able to stay safe and enjoy the sun. Remember parents, set your child a good example by also following this advice, and the whole family can have a happy sun safe summer.

For more information about the British Skin Foundation see www.britishskinfoundation.org.uk





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SUN SAFETY


SUNSCREEN


Sunscreen does not give the Sun Protection Factor (SPF) it states on the bottle if it is not applied correctly. Follow our tips to stay sun safe!


 Firstly, check the expiry date of your sunscreen, as out of date sunscreen will not be as effective and you risk burning.

 Use five teaspoons of sunscreen to cover your whole body.


 One teaspoon is enough for just your face, neck and shoulders.

 Apply sunscreen 15 to 20 minutes before going outside.

 Reapply every two hours, or after swimming, even if your sunscreen is 'water resistant' or exercise.

 Rub sunscreen in gently and make sure you cover all exposed body parts such as face, ears, backs of hands and feet.

 Don't forget to protect your lips - using a SPF30+ lip balm

 UV rays penetrate clouds and reflect off sand, water, snow, and even concrete. Sunscreen still needs to be applied when it is cloudy!




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SUN MYTHS VS SUN FACTS

Experiencing severe sunburn, particularly in childhood, increases the risk of developing skin cancer in later life, so it's very important to protect yourself and your family from the sun. Here are some of the most common myths and misconceptions to help you keep sun safe.

X 'I can't get sunburnt in the UK; the UV rays aren't strong enough.'

Wrong! Always protect your skin even in the UK.

X 'I can't get sun damage on a cloudy summer day.'

Even if you can't see any blue sky, a significant amount of UV rays can still get through the clouds, so it's best to apply sunscreen if you're out and about during the summer.

X 'Using sunscreen alone will protect my skin.'

No sunscreen offers 100% protection so it should never be used as a substitute for clothing and shade.

X 'My sunscreen says it's water resistant, so I don't need to reapply regularly.'

Despite what the packaging promises, swimming, sweating, rubbing, or towelling down means you will end up removing the sunscreen from your body. Always reapply after sporting activity or at least every two hours.

X 'My skin is only damaged if it turns red.'

Sunburn and skin peeling is the extreme end of skin damage from UV rays. When the skin 'tans' this is damaging your skin and putting you at risk of skin cancer in the future.

X 'I can't get sunburnt through windows.'

Wrong! UVA radiation can penetrate glass. This can be a car window, or even your windows at home. Be sure to protect your skin if you're on long car journeys or spend a lot of time sat by sunny windows.

X 'SPF25 is half the SPF protection of SPF50.'

SPF50 does not offer twice the protection as SPF25 even though it offers a higher level of protection, so don't be fooled!

X 'I have to spend lots of money on sunscreen for it to be effective.'

This is not the case, if you are willing to shop around you do not have to spend lots of money. Look for a sunscreen with a high SPF and 4 or 5 star UVA rating.

X 'I can simply use aftersun to repair the damage done by sunburn'

Aftersun may help to soothe and cool your skin, however, it cannot fix the damage done to the DNA inside your cells.

X 'Skin cancer only affects older people.'

Malignant melanoma is one of the most common cancers in young adults (aged 15-34) in the UK.

X 'I shouldn't use sunscreen as I will become vitamin D deficient.'

This has not proven to be true from studies. Using SPF 50 will filter out 98% of UVB rays, when used perfectly. So rays will still reach the skin. You can also get vitamin D through diet and supplements if you are concerned.

X 'A tan is healthy'

There is no such thing as a healthy tan. If the skin changes colour it shows that damage has been done to cells.

X 'I use a 'once-a-day' sunscreen, I don't need to reapply'

Even if a sunscreen states it is once-a-day it should be reapplied regularly. The majority of people do not apply sunscreen correctly and miss parts of the body.

X 'Sunscreen lasts forever'

Like most cosmetics, sunscreens have an expiration date. Look for the jar icon on the back of the product to see how long it is effective for once it has been opened. So you know, simply write the date you open the product on the bottle. Remember to store your sunscreen in a cool place and not in direct sunlight.

Dr Anjali Mahto, Consultant Dermatologist & British Skin Foundation spokesperson.



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