Cool Kids
go under cover...

...play safe in the sun
Skin cancer is now the second most common form of cancer in the U.K.

There is increasing evidence that episodes of sunburn in children under the age of 15 are a major risk factor for skin cancer in later life.

As a parent, you play a crucial role in making sure that your child is protected from the sun when at school, on holiday or at play.
This is what you can do

- Explain to your child that it is dangerous to burn in the sun
- Purchase a hat for your child, which is made from a closely woven natural fibre and which will protect the face, ears, and neck
- Encourage your child to wear the hat at home, at school, at weekends and whenever outdoors
- Dress your child in shirts or tops made from closely woven natural fibre eg. T-shirt material with collars and long sleeves
- Encourage play and activity in shaded areas during the hours from 11am to 3pm
- For periods of unavoidable exposure use a broad spectrum sunscreen with SPF 15 or more which is water resistant
- Support your school’s sunsafety policy, and make sure your child is protected while at school, on school trips and during sports activities
- Be a role model for your child and protect your skin from burning
- Make sure your child has access to drinking water throughout the day
Sun Avoidance

- Never allow the skin to burn
- Seek the shade between 11am-3pm
- Remember reflection off water, sand, snow and concrete increases risk of burning
- You can still burn on cloudy days

Sun Protection

- Wear protective clothing (particularly a T-shirt, hat or cap). In addition use a sunscreen on exposed parts
- For periods of unavoidable exposure use a broad spectrum sunscreen with SPF 15 or more which is water resistant
- Applying sunscreen before school will not provide adequate protection later in the day
- Teach your child to apply and re-apply sunscreen properly
- Always keep babies under 12 months in the shade
In the case of **Sunburn**

- Take the child indoors, carefully cool the affected area with cold water
- Apply aqueous cream, oily calamine lotion or after-sun lotion to the affected area
- Wear loose clothing
- Encourage the child to drink fluids
- Ensure that the sunburn has healed before exposing the skin to the sun again
- Seek medical help if the child is very young or a large part of the body is sunburnt or the skin is blistered and swollen

**Heat Stroke** be alert for:

- Vomiting
- A raised temperature, over 38 degrees C, 100 degrees F.
- Drowsiness, confusion, dizziness or even unconsciousness

In the case of **Heat Stroke**

- Remove child from heat
- Give sips of water
- Remove clothing
- Sponge skin or wrap in something wet.
- Get immediate medical help if the child is unconscious

**Sunbeds**

- The use of sunbeds causes premature ageing of the skin and increases the risk of skin cancer. They have no protection value and should not be used
Contacts

Further advice:

- GP
- Practice Nurse
- Health Visitor
- School Nurse
- Community Pharmacist

Urgent medical advice:

GP or A & E Department

Websites

www.wiredforhealth.gov.uk
www.welltown.gov.uk
for 5-7 year olds (Key Stage 1)
www.galaxy-h.gov.uk
for 7-11 year olds (Key Stage 2)
www.doh.gov.uk/sunsafe