SUN FACTS

Cover up with hat, sunglasses & loose fitting tightly woven clothing
Always protect young children & babies

the BURNING issues
Seek the shade especially between 11 am. & 3 pm.
Use a sunscreen -SPF 15 or higher — apply often & generously
Know your skin take extra care if you have pale skin, red or fair hair

TAKE CARE NOT TO BURN
Sunburn increases your risk of skin cancer

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**SUN FACTS**  the Burning issues

- **Protect young children**
  Babies and young children are especially vulnerable. Keep babies of all skin colours out of the sun completely as sunburn can lead to skin cancer later in life.

- **Cover up**
  Wear loose fitting, tightly woven clothing to protect skin from sun's rays. Wear a wide-brimmed hat to shade the face and for the eyes, wear sunglasses that are British/European standard approved.

- **Sunscreen**
  Use a sunscreen SPF 15 or higher, apply generously and often, especially to exposed skin. Remember to reapply after swimming.

- **Seek the Shade**
  Avoid the hottest part of the day between 11.00am - 3.00pm. Seek the shade and always limit the length of time spent in the sun. If working outdoors or playing sport, remember your skin needs protection.

- **Know your Skin**
  Take extra care in the sun if you have pale skin, moles, and freckles, red or fair hair. Seek medical advice if a mole changes size, shape, colour, itches or bleeds.

Too much sun can cause skin cancer, premature ageing, wrinkles, heat exhaustion and sunstroke.