



# Self-care Information

# Sun Protection

Tips for staying safe in the sun

“Supporting you to look after you and your family”

## Key advice:

- Use sunscreen with a sun protection factor (SPF) of at least 30.
- Reapply sunscreen often, especially after being in the water.
- Spend time in the shade.
- Protect your eyes from the sun with sunglasses.
- Keep children under 6 months out of strong sunlight.
- Protect skin by covering up and wearing a hat.

## General Advice

- Sunburn increases your risk of skin cancer. Sunburn doesn't just happen on holiday – you can burn, even when it's cloudy.
- There's no safe or healthy way to get a tan. A tan doesn't protect your skin from the sun's harmful effects.
- Extra care should be taken with children and the elderly, as they are more likely to get sunburn, or suffer ill effects from the heat.
- Some medicines can make your skin more sensitive to sunlight. It is recommended to read the information leaflet that comes with your medicine. You can ask your pharmacist for advice if you are not sure.
- Follow how to apply instructions on sunscreen label.

## Sunscreen Tips:

- Use a sun protection factor (SPF) of at least 30 to protect against UVB and at least a four-star UVA protection. The letters UVA in a circle indicate it meets the EU standard for protection from UVA rays.
- Reapply sunscreen straight after you have been in the water (even if it is water resistant), and after using a towel, sweating, or when it may have rubbed off.
- Most people do not apply enough sunscreen, if it's applied too thinly the amount of protection is reduced.
- Do not use sunscreen past its expiry date.

UVB + UVA



## You could try

- ✓ **Spending time in the shade** when the sun is strongest. For example, in the UK, this is between 11am and 3pm from March to October.
- ✓ **Covering up** with suitable clothing such as a wide brimmed hat, long sleeved top, or long trousers or skirts.
- ✓ **Protecting your eyes from the sun** by using good quality sunglasses with wraparound lenses or wide arms.
- ✓ **Staying hydrated** by drinking plenty of fluids.
- ✓ **Children aged under 6 months should be kept out of direct strong sunlight.**



## Try not to

- ✗ Try not to spend any longer in the sun than you would without sunscreen.

Here are some useful links to further information

<b>NHS Website</b>	<a href="https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/">https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/</a> <a href="https://www.nottsapc.nhs.uk/media/dazj3k5g/vitamin-d-patient-information.pdf">https://www.nottsapc.nhs.uk/media/dazj3k5g/vitamin-d-patient-information.pdf</a>
<b>Patient Website</b>	<a href="https://patient.info/skin-conditions/sun-and-sunburn">https://patient.info/skin-conditions/sun-and-sunburn</a>
<b>Or visit your local pharmacy for advice</b>	

