

**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](http://www.britishskinfoundation.org.uk)**

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