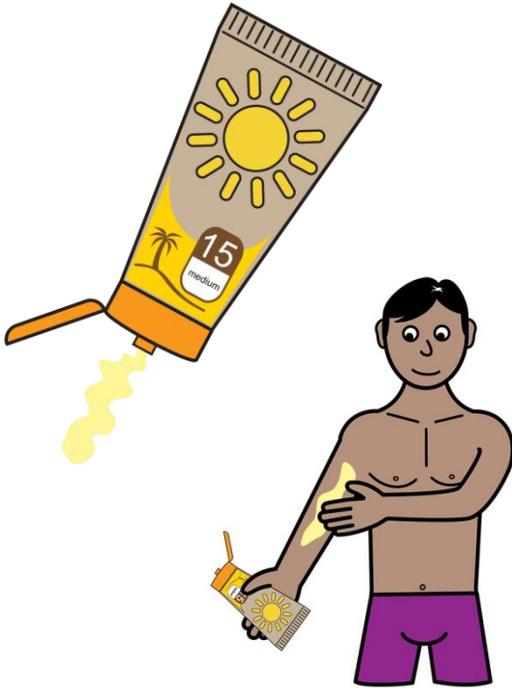


# Stay safe in the sun



# 1. Use sun cream

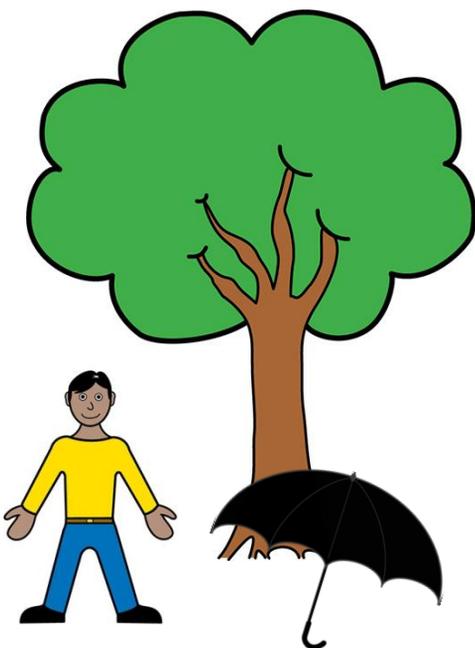


Wear sun cream with a sun protection factor (SPF) of 15 or more.

Sun cream can help protect your skin from sun burn.

Sun burn happens when the sun's rays damages your skin.

# 2. Stay in the shade



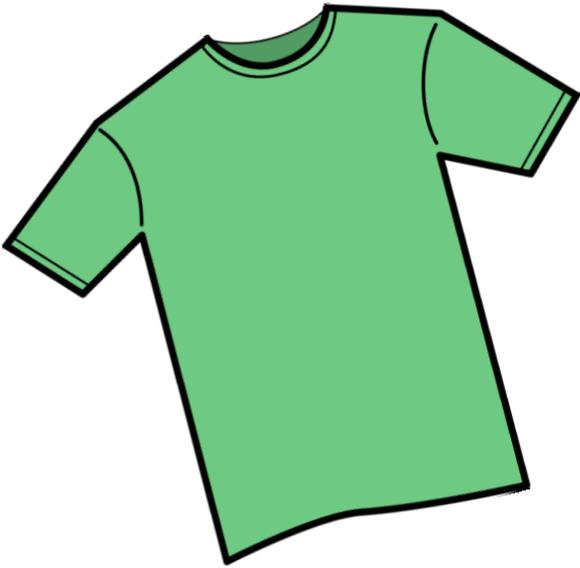
Stay in the shade between 11am and 3pm.

The sun's rays are strongest between 11am and 3pm and will cause the most damage to your skin.

If you are in the shade then less of the sun's rays will reach your skin.

You can find shade underneath trees, under umbrellas, under a roof or indoors.

### 3. Cover up with clothes



Cover up your skin with clothes when you are in the sun.

The clothing will stop the sun's rays reaching your skin.

T-shirts can help protect your skin.

Loose, baggy clothing can help keep you cool.

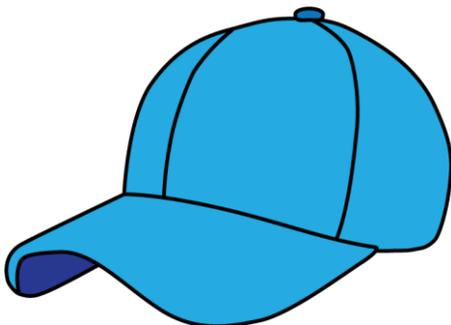
### 4. Wear sunglasses and a hat



Sun glasses protect your eyes from the sun.

The sun's rays can damage your eyes.

Make sure you choose sun glasses that protect your eyes from UV rays.



Your face and neck can be damaged by the sun's rays.

Wear a hat to protect your face. Put sun cream on your neck.

## 5. Drink lots

Make sure you have plenty of drinks when it is hot.

When it is hot you will sweat more. When you sweat your body loses water.

You need to replace the water your body has lost by having lots to drink.

If you do not drink enough your body will not have enough water.

You could get dehydrated and feel tired and ill.

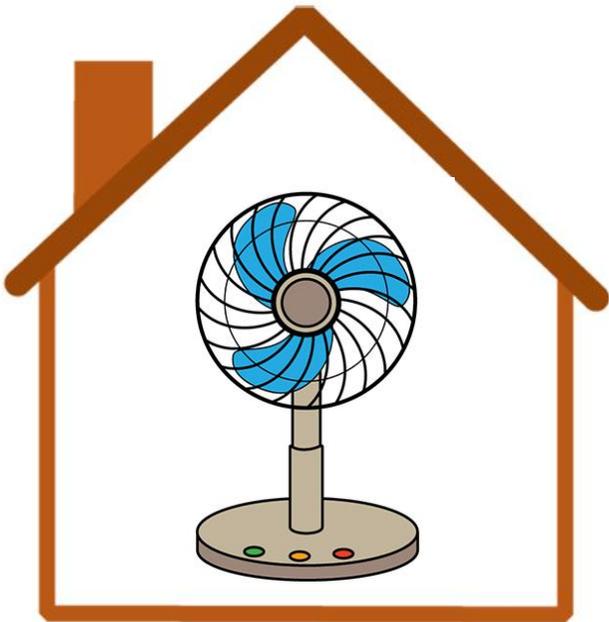


## 6. Keep rooms cool

Keeping rooms cool will stop you getting too hot.

If it is very hot you could shut the windows and use shades to keep rooms cool.

You could use a fan to help keep you cool inside.



## 7. Don't do too much exercise in hot weather



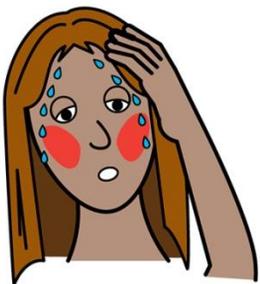
Don't exercise as hard when it is hot.

If you exercise too much you will get too hot.

Exercise more slowly than usual or for a shorter time.

Take rest breaks and have plenty of drinks.

## 8. Watch out for signs of heat exhaustion



Watch for signs of heat exhaustion like nausea, dizziness, confusion and headache.



If you have heat exhaustion then:

- Rest in a cool place
- Have lots to drink
- Use cold wet cloths to cool your skin

## 9. Cool down

To cool down after being in the sun you could:

- Have a cool bath
- Have a cool shower
- Splash yourself with cool water
- Cool your skin with a cold wet cloth



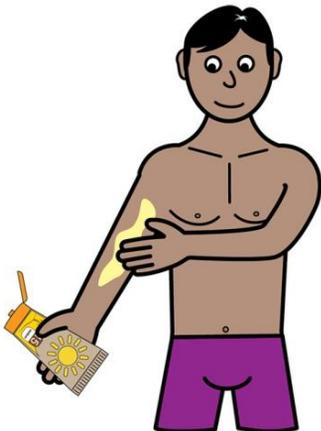
## 10. Swimming in the sun



Water will wash off sun cream.  
Swimming will wash off sun cream.

Remember to put on sun cream again after going swimming.

If you do not put on sun cream again then your skin will not be protected from the sun's rays.



Even waterproof sun creams have to be put on again after swimming.

Information taken from **NHS** choices

