

How to deal with sunburn

Sponge sore skin with cool water, then apply soothing after sun.

Painkillers, such as paracetamol or ibuprofen, will ease the pain by helping to reduce inflammation caused by sunburn.

Seek medical help if you feel unwell or the skin swells badly or blisters. Stay out of the sun until all signs of redness have gone.

People who spend a lot of time in the sun, whether it's for work or play, are at increased risk of skin cancer if they don't take the right precautions.

For more information on sun safety visit the NHS website at:

<http://www.nhs.uk/livewell/skin/pages/sunsafer>

Protect yourself and your family this summer

Be sun smart, follow these simple and helpful tips to keep you and your family safe this summer.

Sunburn increases your risk of skin cancer. Sunburn doesn't just happen on holiday – you can burn in the UK, even when it's cloudy



Protect yourself in five ways from skin cancer



Sun safety tips

Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.

Make sure you:

- spend time in the shade between 11am and 3pm
- make sure you never burn
- cover up with suitable clothing and sunglasses
- take extra care with children
- use at least factor 15 sunscreen

What factor sunscreen (SPF) should I use?

Don't rely on sunscreen alone to protect yourself from the sun. Wear suitable clothing and spend time in the shade when the sun's at its hottest.

When buying sunscreen, the label should have:

- the letters "UVA" in a circle logo and at least four-star UVA protection
- a sun protection factor (SPF) of at least 15 to protect against UVB

Make sure the sunscreen is not past its expiry date. Most sunscreens have a shelf life of two to three years.

Clothing and sunglasses

Wear clothes and sunglasses that provide sun protection, such as:

- a wide-brimmed hat that shades the face, neck and ears
- a long-sleeved top
- trousers or long skirts in close-weave fabrics that do not allow sunlight through
- sunglasses with wraparound lenses or wide arms with the CE Mark and European Standard EN 1836:2005



1. Slap on a hat.



2. Slip on some clothing.



3. Seek shade.



4. Wrap some sunnies around your eyes.



5. Slap some sunscreen on every 2 hours.