

Things you and your children should know about sun...

Children have delicate skin which is exposed to sunlight more often than an adult's

Your child will receive between 1/2 and 3/4 of their total lifetime sun exposure before they are 18 years old

Ultra violet rays from the sun can cause skin cancer in later life

Skin cancer is the most common kind of cancer in the UK

Damage to skin from sunburn remains after the tan has faded

Ultra violet rays can pass through thin cloud and cause sunburn

Water transmits 85% of ultraviolet rays. You will burn just as easily in the water as out

Damage to the skin builds up with each year's tan

The sun's harmful rays are usually strongest between 11am and 3pm

Your child should only wear sunglasses that meet British Standards

Make sure your child wears a hat: broad - brimmed or legionnaire style

Read the maker's instructions and re-apply sunscreen frequently

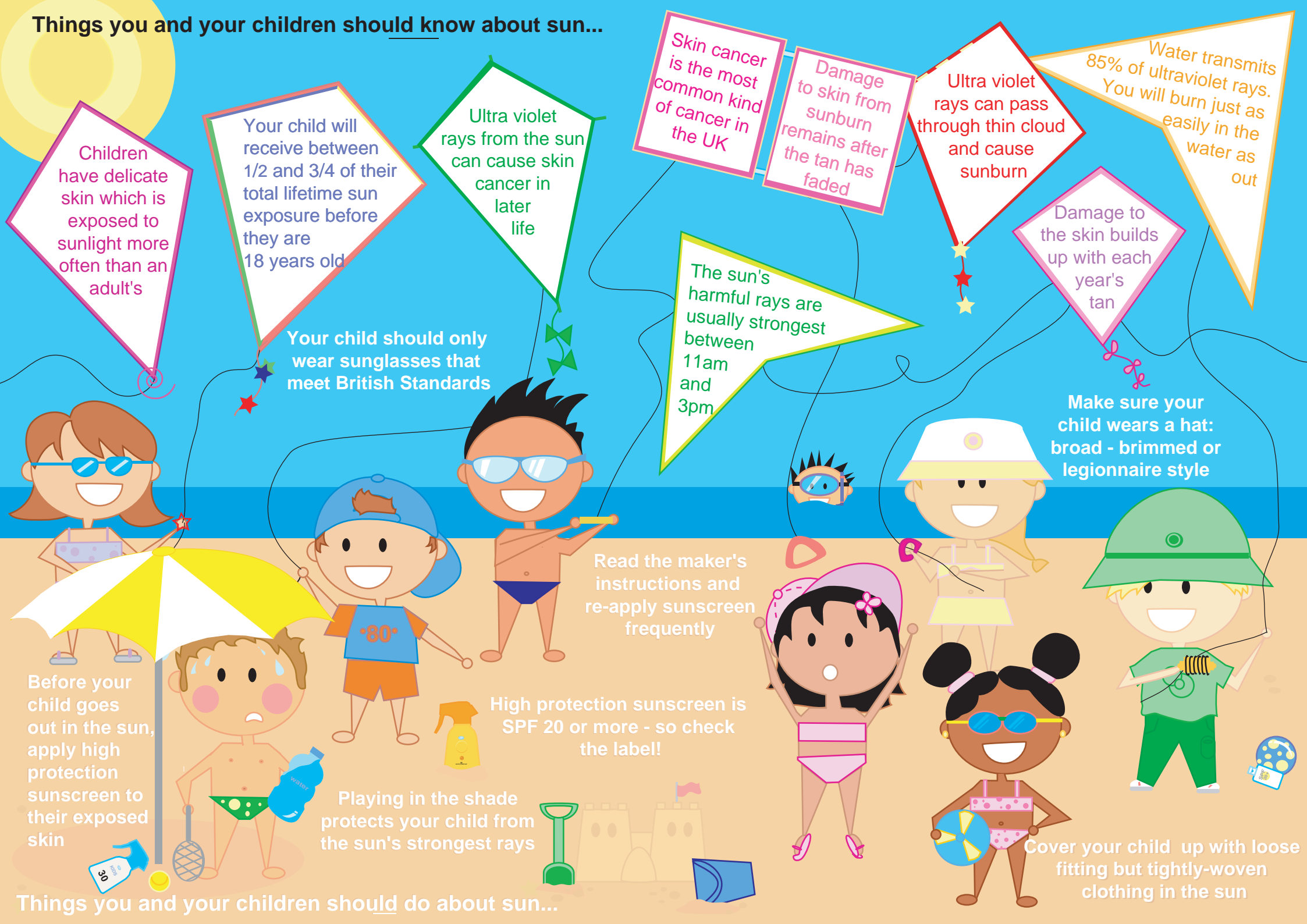
High protection sunscreen is SPF 20 or more - so check the label!

Playing in the shade protects your child from the sun's strongest rays

Cover your child up with loose fitting but tightly-woven clothing in the sun

Before your child goes out in the sun, apply high protection sunscreen to their exposed skin

Things you and your children should do about sun...




Take care in the sun by following these simple rules:

- Never allow your child's skin to burn.
- Keep babies under one year out of the sun completely.
- Avoid direct sunlight by seeking shade whenever possible.
- Stay out of the sun when it is at its strongest - between 11am and 3pm.
- Protect children from the sun with loose clothing, hats and sunglasses.
- Ensure that your child drinks plenty of water during the day.
- Use a sun cream of at least SPF25 on children and look for a water-resistant one.
- Apply sun cream generously before going into the sun then reapply every 2 hours and always after swimming.
- At the end of the day apply aftersun to the skin that has been exposed to sunlight even if not burnt.
- If in any doubt about the effect the sun may have had on your child's skin, seek advice from a health worker such as your GP, health visitor, school nurse or local pharmacist.

Remember that more than half of skin damage caused by the sun occurs during childhood years. So protect your child now and they will thank you in later life.



The NHS in Nottingham 

A colorful illustration of children in the sun. A large yellow sun with rays is in the background. In the foreground, there are four children: a boy on the left wearing a green baseball cap, a boy on the right with a surprised expression and sweat drops on his face, a girl at the bottom with two black buns, and a boy at the bottom right wearing blue sunglasses and smiling.

Is your child safe in the sun?