



Sun care

LEARNING STORE

Dear Parent

I am writing to all families to pass on some useful information and guidance concerning sun care. You will probably be aware of most of the issues and methods of prevention but we include some interesting facts that you may not know about.

- Your child may receive between half and three-quarters of their total lifetime's sun exposure before they are 18 years old.
- Ultraviolet rays from the sun can cause skin cancer in later life.
- Skin cancer is the most common form of cancer in the UK.
- Damage to skin from sunburn remains after the tan has faded.
- Ultraviolet rays can pass through thin cloud and cause sunburn.
- Water transmits 85% of ultraviolet rays so you will burn just as easily in water.
- Damage to skin builds up with each year's tan.
- The sun's harmful rays are usually strongest between 11 am and 3 pm.
- Your child should only wear sunglasses that meet British Standards.
- Make sure your child wears a broad-brimmed or legionnaire-style hat.

Take care in the sun by following these simple rules.

- Never allow your child's skin to burn.
- Keep babies under six months out of the sun completely.
- Avoid direct sunlight by seeking shade wherever possible.
- Stay out of the sun when it is at its strongest – between 11 am and 3 pm.
- Protect children from the sun with loose clothing, hats and sunglasses.
- Ensure your child drinks plenty of water during the day.
- Use a sun cream of at least SPF 25 on children – preferably one that's water resistant.
- Apply sun cream generously before going into the sun, then reapply every two hours and always after swimming.
- At the end of the day, apply aftersun cream to the skin that has been exposed to sunlight – even if it's not burnt.
- Use sun creams to protect yourself in the sun, not to extend your time in the sun.
- If in any doubt about the effect the sun may have on your child's skin, seek advice from a health worker such as your GP, health visitor, school nurse or pharmacist.

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

If you need any further information or advice, please ask your pharmacist.

Yours faithfully

Head teacher