

Sun Awareness

by Blackpool Teaching Hospitals - Tuesday, January 10, 2012

TAKE CARE, BE SUN AWARE ...

Too much sun increases your risk of skin cancer, cataracts and sight problems, wrinkles and early ageing of the skin. Over-use of sunbeds increases your risk of skin cancer. Do not use them if you are under 16 or have a family history of skin cancer.

...SEEK THE SHADE

Safety Tips

- Avoid the sun between 11am - 3pm
- Keep babies under 12mths out of the sun
- Pay attention to ears, lips, bald patches and shoulders
- Wear a hat; wide brimmed or legionnaire style
- Wear loose fitting clothes - tightly woven cotton is best
- Wear sunglasses with UV protection (BS 2724)
- Use sunscreen of at least factor 15
- Apply sunscreen regularly and re-apply after swimming.

Whatever you are doing, protect yourself and your children.

For health advice call NHS Direct on 0845 4647.