

You can find out more on these websites:

<http://www.cancerresearchuk.org/about-cancer/causes-of-cancer/sun-uv-and-cancer/ways-to-enjoy-the-sun-safely>

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

<https://www.nhs.uk/conditions/pregnancy-and-baby/safety-in-the-sun/>

<http://www.skcin.org/sunSafetyAndPrevention/theFivesOfSunSafety.htm>

Stay in the shade between 11am and 3pm
Make sure you don't burn
Always cover up
Remember to take extra care with children
Then use factor 15+ sunscreen!



Parents' Information Letter
Sun Safety 2018

Be smart, stay safe,
Having fun in the sun!



Whatever your age, it's wonderful to go out and enjoy the sunshine! We know that sunshine is a great way to get Vitamin D which we need for healthy bones, teeth and muscle.

So if being in the sunshine is a great way to for your body to make Vitamin D, why do we have to protect our skin from the sun?

Unfortunately, the longer you stay in the sun, especially for a long time without adequate sun protection, the greater your risk of skin cancer.

Luckily, good sun protection during childhood reduces the risk of skin cancer. The best protection for your skin is a combination of covering up, shade and wearing sunscreen.

S is for Sunscreen (Factor 15+)

K is for Keep Covered Up

I is for Infants Need Extra Protection

N is for Never Get Sunburnt

THE SUN'S UV RAYS ARE STRONGEST WHEN...
...YOUR SHADOW IS SHORTER THAN YOU

MIDDLE OF THE DAY 11AM - 3PM



LET'S BEAT CANCER SOONER
cruk.org

CANCER RESEARCH UK

DON'T LET SUNBURN CATCH YOU OUT

Check the UV index at
www.metoffice.gov.uk/uv
to see how strong the sun's rays are.



LOW 1 2 3 4 5 6 7 8 9+ VERY HIGH

MODERATE TO HIGH
Think about sun protection, especially 11am - 3pm

No sun protection needed

Sun protection needed for all skin tones



If it's 3 or higher, think about protecting your skin, especially if you get sunburnt easily.

LET'S BEAT CANCER SOONER
cruk.org

CANCER RESEARCH UK



Seek Shade

Staying out of direct sunlight is one of the best ways to protect your skin.



Cover up

Clothing acts as a really effective barrier to stop your skin from burning. Wear clothes with a tightly woven fabric. Wear a hat with a wide brim. Legionnaire style hats are very useful too. Wearing sunglasses with a CE Mark/ British Standard/ UV400/ 100% UV protection.



Sunscreen

Use a sunscreen with a minimum of SPF 15 UVB protection and a star rating of at least 4 stars UVA protection. ★★★★★