







The facts about...

Sun Safety and Sunscreens

Sun safety isn't just about sunscreen. Follow these simple steps to stay sun safe...

-  Seek out shade, particularly between 11am and 3pm, when the sun is usually at its most intense.
-  Wear loose-fitting clothing and a wide-brimmed hat when in the sun and wear a good pair of sunglasses.
-  Apply sunscreen 15-30 minutes before going out in the sun and re-apply every couple of hours throughout the day – you will need about a golf-ball-sized amount of cream for each application. This means about half a teaspoon for the face and for each arm, and a full teaspoon for each leg, the front of our bodies and the back.
-  Remember to re-apply when you emerge from cooling off in the water.
-  Never use sunscreen to extend the time you would normally spend in the sun.
-  Drink plenty of water, particularly in hot weather. Keeping up water intake prevents dehydration and maintains a healthy bladder and kidneys; a healthy body helps to support healthy skin.

Take care of children and babies

It is important to try and keep sun exposure to a minimum for young children and especially babies under the age of 6 months. Children should cover up in the sun and play in the shade where possible and use a sunscreen with at least SPF 30, with UVA protection and which is water resistant.



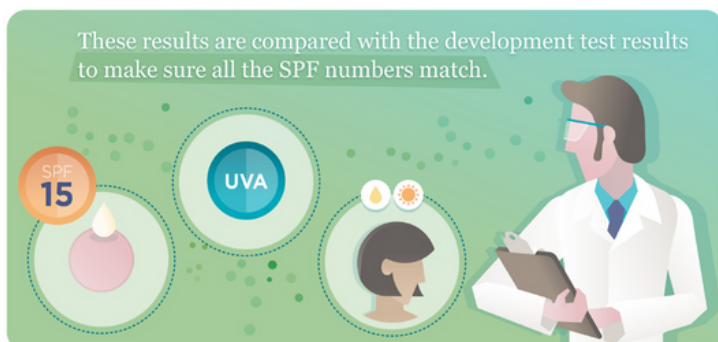
How do I know my sunscreen will work?

Today's sunscreen products have been developed to help protect skin against damaging rays of the sun.

To make sure the sunscreen has the correct levels of protection against UVB and UVA rays, international standard test methods are used.

The SPF number labelled can be relied upon because as well as using the standard test method on a range of people, the product is checked many times in development to ensure it will give the expected level of protection.

There is a wide range of sunscreen products available to accommodate various lifestyles and budgets. All sunscreens must work as claimed, irrespective of the cost. However, it is important that you buy your sunscreens from a reputable retail outlet.



The facts about...

Sun Safety and Sunscreens

What level of protection do I need?

Everyone reacts to the sun in their own way. Some people's skin is affected more by the sun's harmful rays than others. All skin types, regardless of colour, require protecting from the sun's damaging UV rays. Also, the strength of the sun's rays will vary according to where in the world we are.

Understanding SPF is simple. The higher the SPF number, the greater the protection the sunscreen will give. SPF stands for Sun Protection Factor and is provided on-pack as a number. It is an indication of the amount of protection sunscreen provides against UVB rays.

'Low', 'Medium', 'High' or 'Very High' ratings can be found on the product, so you can choose the level of protection most suitable for your skin type.

Importantly, we should always choose a product that also protects against UVA rays. These are the rays that are known to accelerate ageing. Look for the symbol 'UVA' in a circle.

Remember that sunscreen should never be used to stay in the sun for longer.

Lots of things affect how effective a sunscreen is: whether we've put enough on, whether we've been active and sweated it off, whether we've been in the water, whether we've reapplied it and how strong the sun is in whatever part of the world we are using it. Remember to re-apply after cooling off in the water; and don't forget when swimming the sun's rays will also penetrate the water.

Different types of products are available: lotions, creams and sprays and they may also be water resistant, and some may be coloured which is especially useful to encourage children to rub in their suncream. Check that the sneaky bits are covered like tips of the ears, eyelids, chin, bottom of the feet and ankles, back of knees etc.

Extended wear products are also available to help those people who cannot avoid being in the sun through work or sport activities and where reapplication may be more difficult. However remember to always read the instructions and never use sunscreen to spend longer in the sun.

Will I still tan?

Used correctly sunscreens will still allow the skin to tan, but we must remember that a tan means the skin has been damaged and is trying to protect itself against further damage. So sunscreens should never be used to remain longer in the sun. Damage to the skin (even without burning) from the sun's rays (UVB and UVA) can lead to premature ageing of the skin and increase the risk of developing skin cancer later in life.

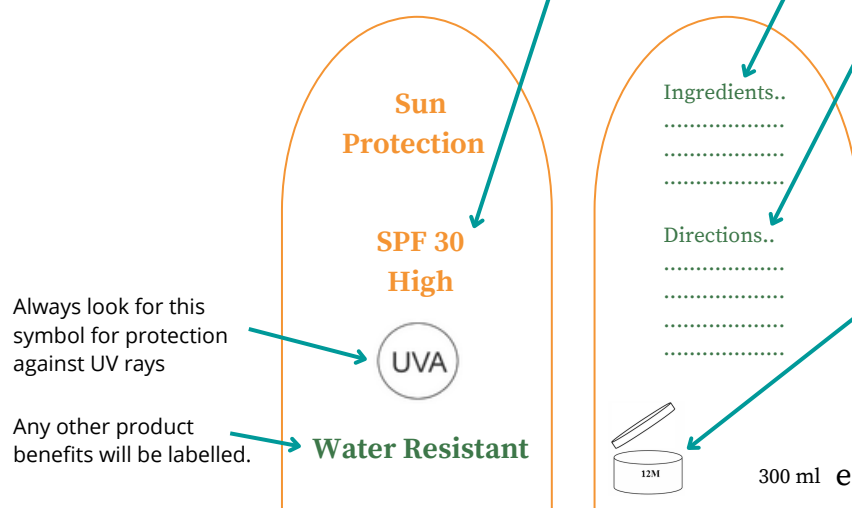


The facts about...

Sun Safety and Sunscreens

Understanding your label

Labelled Protection Category	Low	Medium	High	Very high
Labelling Sun Protection Factor (SPF)	6, 10	15, 20, 25	30, 50	50+



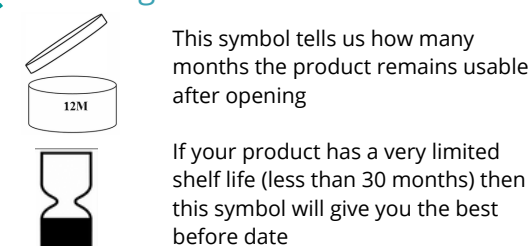
Checking the ingredients

If you are allergic to a particular ingredient(s) then check the label for the full list of ingredients to make sure it is not there. The names used are the same throughout the UK, EU and in many parts of the world.

How to use and look after your sun products

Always follow the instructions for use and apply 15-30 minutes before you go out in the sun. Keep your sunscreen in a cool dry place and discard small amounts of unused product after your holiday if your product has been out on the beach or in extremes of temperatures. When stored carefully, without being opened, sunscreen will last a long time without losing its effectiveness. Remember if the product looks or smells odd, do not use it.

How long will it last



Where can I find out more?

How sunscreens work: www.thefactsabout.co.uk/how-sunscreens-work

Advice from a dermatologist: www.thefactsabout.co.uk/dermatologists-advice

What are the different types of sunscreens: www.thefactsabout.co.uk/types-sunscreens

What are the sunscreen protection levels: www.thefactsabout.co.uk/sunscreen-protection-levels

UV and Me: www.thefactsabout.co.uk/UVandMe

How do I keep my baby safe in the sun? www.thefactsabout.co.uk/babies-children-sunscreen

Should I have confidence in sunscreens? www.thefactsabout.co.uk/confidence-sunscreens

Factsheet on the most common sunscreen questions: www.thefactsabout.co.uk/how-sunscreens-work