Staying safe in the sun

People like to go out in the sun.

The sun is very hot.

The sun's rays can damage your skin.

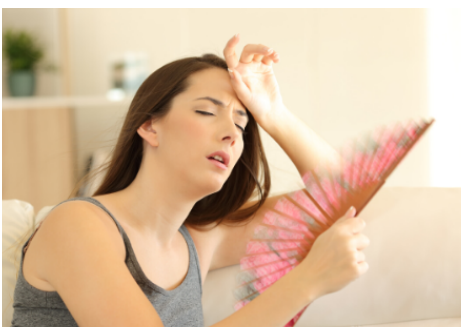This is called sunburn.

Sunburn is bad for your skin.

Too much sun can make you feel unwell.

This is called heat stroke.

Adapted from: https://www.nhs.uk/live-well/healthy-body/sunscreen-and-sun-safety/ and
https://www.yourhealthmatters-leeds.nhs.uk/wp-content/uploads/2018/08/StaySafeintheSun.pdf

Protect your body from the sun

Use sunscreen to protect your skin.

Use sunscreen that has a sun protective factor of 30 or higher.

Higher sun protective factors are safer for your skin.

Put sunscreen on your face, ears and neck.

Put sunscreen on all bare skin.

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Drink a lot of water.

Drinking replaces water your body loses when you sweat.

You sweat when it is hot.

Wear a hat.

Hats protect your head, face and neck from the sun.

Wear sunglasses.

Use sunglasses with UV protection.

Sunglasses protect your eyes from the sun.

Wear long sleeves.

Baggy, light coloured clothes keep you cool.

Clothes protect your skin from the sun.

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GIG CYMRU NHS WALES

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Bae Abertawe
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Health Board

Caring for each other, working together, always improving
Gofalu am ein gilydd, cydweithio, gwella bob amser

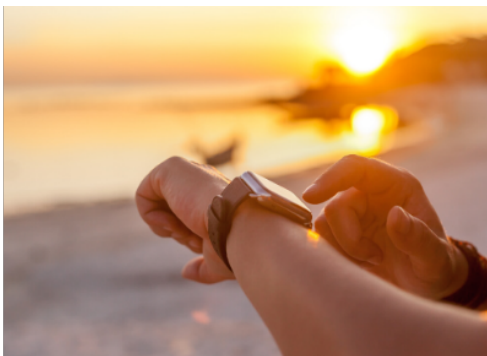Between 11am and 3pm the sun is very hot.

During this time, you should:

sit under an umbrella

or

sit in the shade.

Only go in the sun for short amounts of time.

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