**Are you sun smart?**

- Stay in the shade between 11 and 3
- Make sure you never burn
- Always cover up
- Remember to take extra care with children
- Then use factor 15+ sunscreen

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**Useful websites for more information**

- www.sunsmart.org.uk • www.nhsdirect.nhs.uk
- www.cancerresearchuk.org • www.cancerhelp.org.uk
- www.met-office.gov.uk/weather/uv

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**SWERCOTS**

Leaflet produced by SWERCOTS, the Trading Standards Partnership in south west England and your local Trading Standards

For general advice about consumer goods and services
Save your skin!
(Unless you want to be a wrinklie in middle age!)

Protect your and your child’s skin

S - sunscreen - use factor 15+
K - keep covered up
I - infants and toddlers need extra protection
N - never allow yourself or your child to burn

Why the warning?

Sun protection during early childhood and teenage years reduces the risk of sun damage and skin cancer in later life.

Skin cancer is one of the most common cancers in the UK.

Experts say one severe sunburn in the first 15 years can double the risk of skin cancer.

Doctors think about 4 out of 5 cases could be prevented if people took simple steps to reduce their exposure to the sun.

Best protection

Stay in the shade. Stay out of direct sunlight from 11am to 3pm – and not just when you’re abroad. British sun burns too!

Cover up. Tightly woven cotton fabrics help stop the sun’s harmful UV rays from penetrating to the skin. Polo and T-shirts are best, rather than vests and strappy tops, which don’t protect the shoulders. Get clothes that provide the best protection by looking for this logo.

Wear a hat. Put a hat on you and your child - wide brimmed or French legionnaire style hats, which cover the vulnerable neck area.

Use sun screen. At least factor 15+. Put it on BEFORE going in the sun, and replace at least every 2 hours, more often if it has got wet. Slap it on generously! Sunscreen past its expiry date won’t give the protection your children deserve.

Wear sunglasses. All sunglasses should bear the CE mark and should preferably conform to BS EN 1836

Don’t forget. You need to do all of these things to protect your child, not just one. A sunburnt child is a child with damaged skin.