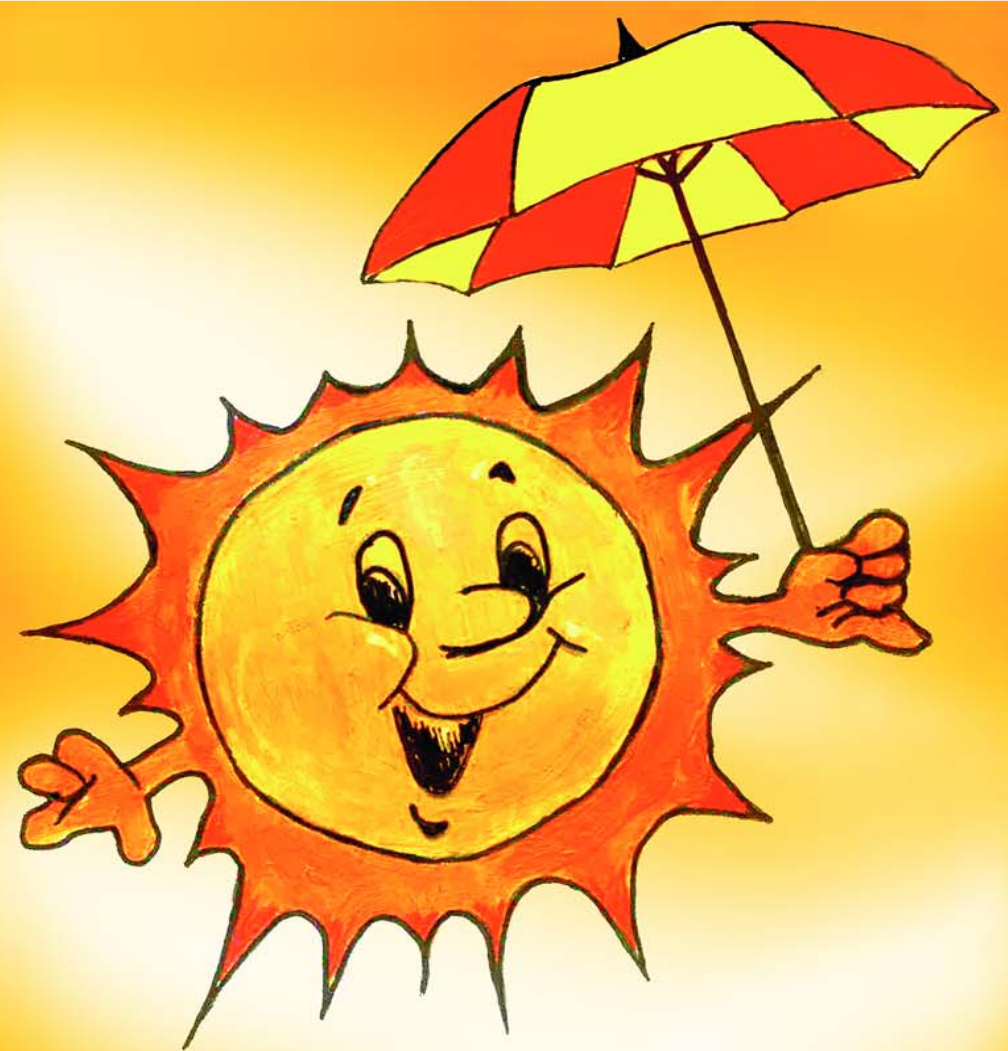


Special precautions for babies and young children:

- Keep babies out of direct sunlight.
- Apply small amounts of broad-spectrum, high protection sunscreen to exposed skin.
- Do not leave children in cars during hot weather, they can rapidly overheat.
- Soft hats fold easily and allow comfort for babies to sleep.
- Shades for prams or buggies should be easy to use and flexible enough to reposition to the direction of the sun.
- Supply extra drinks as young children can dehydrate quickly.

What if your child gets sunburn?

- Sponge the skin gently with cool water.
- Apply after sun or calamine lotion.
- Give the child plenty to drink.
- If in doubt, seek medical advice.



Bright Idea !
Cover up in the Sun.



BRIGHT IDEAS ! for children taking care in the sun

- 1 Wear T-shirts and loose, light weight clothing in a close woven material.
- 2 Hats with broad brims or legionnaire types are best but more importantly make sure the hat is liked and will be worn.
- 3 Avoid the sun when it is at its strongest - play in the shade between 11am and 3pm.
- 4 Wear sunglasses with UV protection and that carry a recognised safety standard mark.
- 5 Supply plenty of drinks to avoid dehydration.
- 6 Apply a broad-spectrum, high protection sunscreen to exposed skin.
 - SPF 15 or higher to protect against UVB
 - Star rating 3 or more to protect against UVA
 - Apply 30 minutes before going into the sun
 - Apply generously and avoid missing patches
 - Reapply frequently
 - Read the instructions

Always use sunscreen along with the other protective measures and do not use sunscreen to extend the amount of time you spend in the sun.



8 THINGS TO KNOW about sun exposure!

1
Ultraviolet radiation (UVR) from the sun can cause skin cancer.

2
Children receive between $\frac{1}{2}$ and $\frac{3}{4}$ of their total lifetime sun exposure before they are 18.

3
It can take 20 years or more for skin cancer to develop.

4
Children's skin is delicate and prone to sun damage.

5
Tanning and sunburn both indicate skin damage.

6
Skin cancer is the most common cancer in Northern Ireland and it is becoming more common.

7
UVR can pass through thin cloud and cause skin damage and burning.

8
Children are usually unaware of their skin burning and need constant reminders to take care in the sun.

