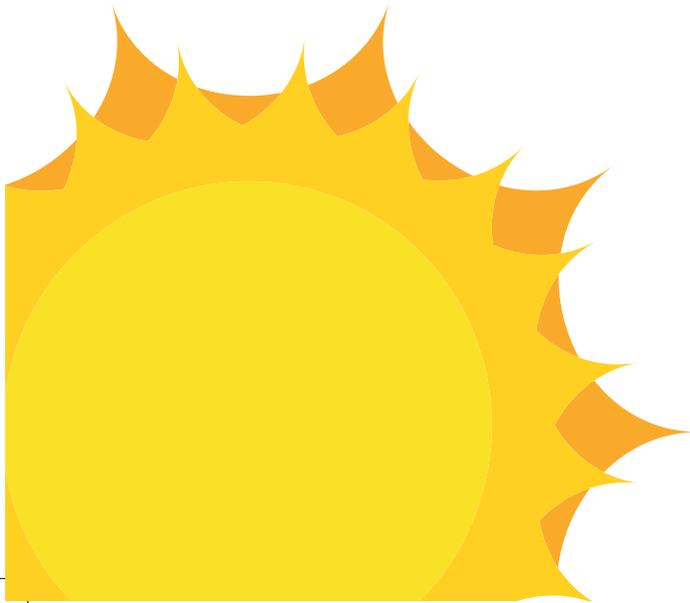


7 Things to Know about sun exposure!

1. Between ½ and ¾ of our total lifetime sun exposure is before the age of 18 years.
2. Childrens' skin is delicate and prone to UV damage.
3. UV radiation can pass through clouds and cause skin damage and burning.
4. Tanning and sunburn both indicate UV damage.
5. Skin cancer is the most common cancer in Northern Ireland.
6. Sand, water and snow can reflect UV radiation and increase the risk of burning.
7. Children are often unaware of their skin burning and need regular reminders to take care in the sun.



If you have any concerns about cancer you can talk to one of our experienced nurses on the Cancer Focus NI **FREE** information and support Nurseline

0800 783 3339

Monday, Wednesday and Friday 9am - 1pm.
Calls are **free** and **confidential** from a landline.
nurseline@cancerfocusni.org



To know more visit:

www.careinthesun.org/kids

T: 028 9066 3281

E: care@cancerfocusni.org

www.cancerfocusni.org

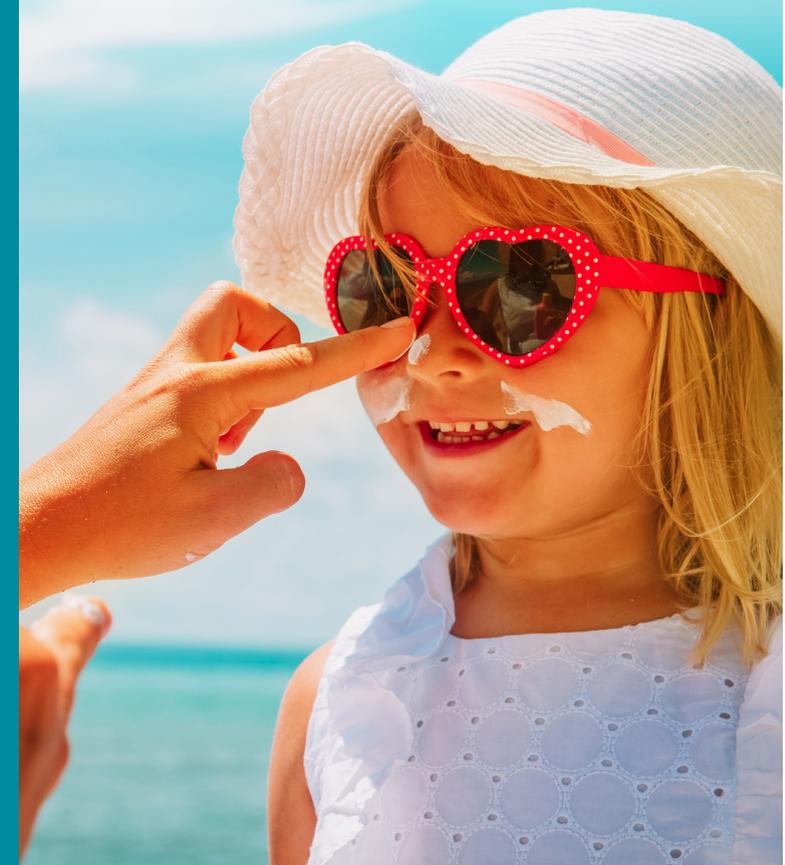
Cancer Focus Northern Ireland
40-44 Eglantine Avenue
Belfast BT9 6DX



Charity No: NIC 101307



Bright idea Cover up in the sun



Project supported by the PHA



Bright Ideas...

For children taking care in the sun

1. Avoid the sun when it is at its strongest – play in the shade between 11.00am and 3.00pm.
 2. Wear t-shirts and loose, lightweight clothing in a closely woven material.
 3. Hats with broad brims or legionnaire types are best but more importantly make sure the hat is liked and will be worn.
 4. Wear sunglasses with ultraviolet (UV) protection and that carry a recognised safety standard mark.
 5. Supply plenty of drinks to avoid dehydration.
 6. Apply a broad-spectrum sunscreen to exposed skin. Store in an accessible, cool place and remember to check the expiry date.
- Choose SPF 30 or higher to protect against UVB rays. Higher SPF will give more protection.
 - Ensure sunscreen has a star rating of 4 or more or the UVA logo to protect against UVA rays.



- Apply 30 minutes before going outdoors
- Apply generously and avoid missing patches
- Reapply at least every 2 hours and after swimming, sweating, or towelling the skin.
- 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.



Special precautions for babies and young children:

- Keep babies under 6 months out of direct sunlight. If exposure to sunlight is unavoidable, apply a small amount of high protection sunscreen to exposed areas such as the cheeks and back of the hands.
- Do not leave children in cars during warm weather as they can rapidly overheat.
- 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?

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

