

Sun Safety

Advice, support and information

Spending time outdoors can be great for our wellbeing, but as the weather gets warmer, it's important to protect our skin from sun damage. The Tower Hamlets School Nursing Service have put together this useful resource to help families stay safe in the sun.

The 5 s's of Sun Safety

1. SLIP on a t-shirt
2. SLOP on SPF 30+ broad spectrum UVA sunscreen
3. SLAP on a broad brimmed hat
4. SLIDE on quality sunglasses
5. SHADE from the sun whenever possible




How to deal with sunburn

- Sponge skin with cool water
- Apply soothing aftersun
- Painkillers will ease pain and reduce inflammation
- Stay out of the sun until all signs of redness have gone
- Seek medical advice if you feel unwell or the skin blisters

Sunscreen


When buying sunscreen the label should have.....

 A sun protection factor (SPF) of at least 30 to protect you.

 Make sure the sunscreen is not past its expiry date. Most sunscreens have an expiry date of 2 to 3 years.

Stay hydrated!

Hydration is when your body has enough water to function properly. Your body depends on water to survive. Every cell, tissue, and organ in your body needs water to work properly. Your body uses water to maintain its temperature, remove waste, and lubricate your joints.

 Signs of dehydration include: a dry mouth or lips, feeling thirsty, dark and strong smelling urine, feeling dizzy, light headed, or tired.

 When it's hot you sweat. Make sure to drink water, to replace water you lose through sweating.

 Check your urine, the darker it is the more dehydrated you will likely be.

 Drink at least 6 to 8 glasses (each glass 250-300ml) of water everyday.

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