

How to choose a SUN SCREEN



Sunscreen is an important part of skin protection from the sun. Follow these tips to choose the right one for you and your family.



Use 6-8 teaspoons of sun screen to cover the body and reapply every 2 hours.



Choose an SPF rating of 30 or higher.

Choose a cream with UVA in a circle symbol and at least 4 stars.

Choose a water resistant cream but reapply after you've been in water.

Check the expiry date. This symbol means you can use it for 12 months from opening.

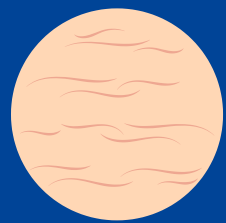
Find out more on the NHS website:



Why is sunscreen so important?



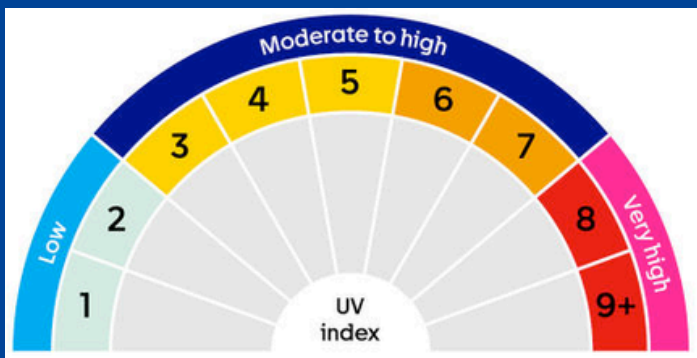
Sunscreen stops your skin getting burned in the sun.



Sunburn can lead to:

- Skin cancer
- Wrinkles and ageing of the skin.

Sunburn doesn't just happen on holiday. You can burn in the UK, even when it's cloudy.



Check the UV rating to find out if you should apply sunscreen. If there is UV 3 or higher think about using sunscreen. You can see UV rating on most weather apps.

Sunbeds can cause skin cancer. The UV radiation can damage the DNA in your skin cells. If you want a tan use fake tan from a bottle or a spray tan.



Find out more at [Skcin.org](https://www.skcin.org):

