

Sun protection advice for tourists

Spend time in the shade when the sun is at its peak

- One of the best ways to avoid the sun's harmful UV rays is to find shade under trees, umbrellas, canopies or indoors
- When your shadow is shorter than your height, you are more likely to burn

Make sure you never burn

- It is painful, unattractive and can spoil your holiday
- Sunburn can double your risk of skin cancer

Aim to cover up with a t-shirt, hat and sunglasses

- Wear protective clothing. Wear lightweight, loose-fitting clothing as much as possible. Tightly woven cloth is best, but any clothing is better than none at all.
- A hat with a wide brim offers good sun protection for your eyes, ears, face and the back of your neck – areas that are particularly prone to sunburn.
- Wear sunglasses that block out 99-100% of UV radiation. Sunglasses can help protect your eyes from sun damage. The ideal sunglasses don't have to be expensive, but they should block 99-100% of UVA and UVB radiation. Check the label to see if they do. Wraparound sunglasses are best because they can protect your eyes from all angles.

Remember to take extra care with children

- Young skin is delicate and easily damaged by the sun.
- Keep babies under six months out of the sun, especially when it is at its peak

Then use factor 15+ sunscreen

- Apply at least a SPF 15+ sunscreen to all exposed areas of the skin.
- Sunscreen should not be relied upon as the only form of sun protection. No sunscreen, no matter how high the factor, can offer 100% protection.
- Sunscreen should be reapplied liberally every two hours.

AND – Look out for the UV Index

The UV Index is a measure of the sun's strength. The higher the value, the greater the danger from the sun and the less time it takes to damage your skin. The UV Index will provide you with guidance as to how strong the UV will be for the day.

For more information visit www.sunsmart.org.uk