



YOUR GUIDE TO SUN SAFETY

Our tips on sun safety to protect you
and your family this summer

Together, all the way.SM



WHY IS SUN SAFETY IMPORTANT?

We all need some sun exposure from time to time. When our skin is exposed to the sun, our bodies naturally produce vitamin D, which helps absorb calcium for healthier and stronger bones.

But, just as we all need exposure to the sun, we all need protection too.

The lighter your natural skin colour is, the less melanin it has to absorb ultraviolet (UV) rays and protect itself. Even if you have darker skin, everyone needs protection from UV rays because tanning or burning will inevitably lead to skin damage.

HOW CAN TOO MUCH SUN AFFECT YOUR HEALTH?

Too much unprotected exposure to the sun's rays can cause skin damage, eye damage, and even immune system suppression.

When your body defends itself against UV rays, your skin tans or darkens. Excessive amounts of sun exposure allow UV rays to reach the inner layers of your skin — causing sunburn. Without proper care and caution, this can cause skin cells to die or develop cancer, also known as melanoma.

HOW TO STAY SAFE IN THE SUN

Here are five of our top sun safety tips:

1 Use SPF 30+ Sunscreen.

When choosing the right sunscreen for you and your loved ones, you'll notice the label will

have a sun protection factor (SPF). Use a sunscreen of at least 30 to protect against UV rays. Also, make sure the sunscreen is not past its expiry date — as most sunscreens have a shelf life of 2 to 3 years.

2 Drink Plenty of Water

An essential, but easily forgotten, part of sun safety is to drink plenty of fluids throughout the day to make sure you stay hydrated. Aim to drink between 6-8 glasses of water a day and more if you're feeling thirsty. Try to avoid alcoholic drinks, as alcohol is a diuretic and can lead to dehydration quickly if fluids aren't replaced.

3 Wear Sunglasses and Protective Clothing

One of the best ways to protect skin is to cover up. Protect your skin from harsh sunlight by wearing clothing such as breathable, loose-fitting and long-sleeved t-shirts. A quick test to make sure clothes offer enough protection is to put your hand inside the garment to make sure you can't see it through them. Also, make sure to protect your eyes by wearing sunglasses that provide 100% UV protection.

4 Don't Forget the Hat!

Wearing a wide-brimmed hat outdoors is a surefire way to protect your hair, eyes, and skin from the sun's UV rays. Our faces are one of the most sensitive parts of our body. Harsh exposure to the sun can leave lasting damage — from wrinkling to spots and blisters.

5 Be Aware of Time of Day

The sun's rays are strongest around midday when the sun is highest in the sky — which is usually between 11am and 3pm in the summer. Steer clear of the sun at these times and sit in the shade if you can.

SPREAD SUN SAFETY THIS SUMMER

Sunburns look bad and feel worse. Keeping cool in the shade is a great way of protecting yourself and your family from the sun. Always keep babies and young children in the shade if you can. You should take extra care in the sun if you:

- › burn rather than tan
- › have moles
- › have skin problems relating to a medical condition
- › have a family history of skin cancer



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