

Safety in the Sun



A little bit of sun is healthy and makes us feel good. However people who lie in sunlight for long periods, trying to achieve the perfect tan are putting themselves in danger. Over exposure to the sun can be fatal. Here are a few tips:



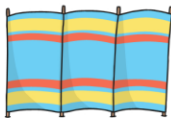
Wear a Hat

Your head and face are extremely sensitive. When walking around on a sunny day, always wear a hat to keep them shaded.



Cover Up

Wear a long sleeved t-shirt to help keep you cool and protect your skin from over exposure and burning.



Seek Shade

The hottest part of the day (between 11am and 2pm) is the most damaging time. Seek shade during these hours.



Apply Suncream

Use an SPF 15 or higher on exposed skin. Apply generously before going outside and reapply frequently while in the sun and after swimming.

The Dangers!

There is no such thing as a healthy tan. Suntanned skin is sun-damaged skin, which could lead to the following:

- Skin cancer;
- Premature ageing;
- Rough, blotchy skin;
- Sunburn;
- Sunstroke



(Skin cancer can be treated if caught early. If you notice something strange, or have a mole, which has changed shape, size or colour, seek medical help straight away)