

Learn more on  
the NHS website.



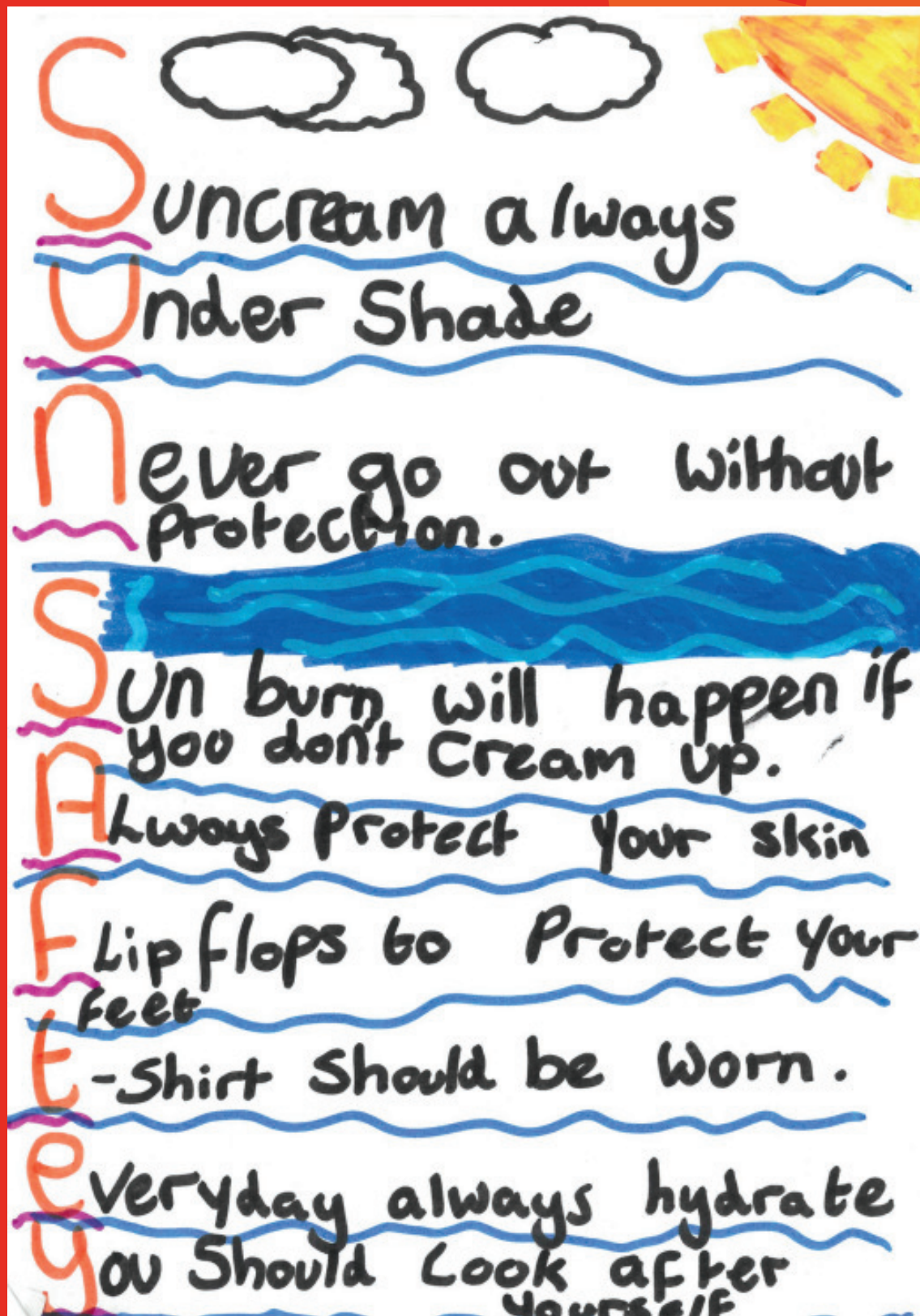
## Stay sun safe.

- Spend time in the shade between 11am and 3pm.
- Cover up with suitable clothing, a hat and sunglasses.
- Use at least factor 30 sun cream



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of possibilities.





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30**

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**Protect your skin, let it glow; wear  
your suncream before you go!**



**Before going out in the sun, you  
should follow SAFE**

**S**uncream: apply suncream with a high  
spf to protect your skin!

**A**void peak sun hours: stay out of the  
sun from 11am-3pm, this is when the  
sun is most dangerous!

**F**ind shade: the sun can be very  
dangerous, stay in the shade as much  
as possible!

**E**quip protective clothing: wear sunglasses  
and hats to protect your skin and eyes!

**The sun can  
be very  
dangerous,  
protect your  
skin and  
follow SAFE**

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Stay Safe  
in the Sun!

- ⊕ The sun is most active between 11am & 3pm
- 🕶️ Cover up! Protect your skin from UV.
- 🧴 Wear sunscreen to prevent burns

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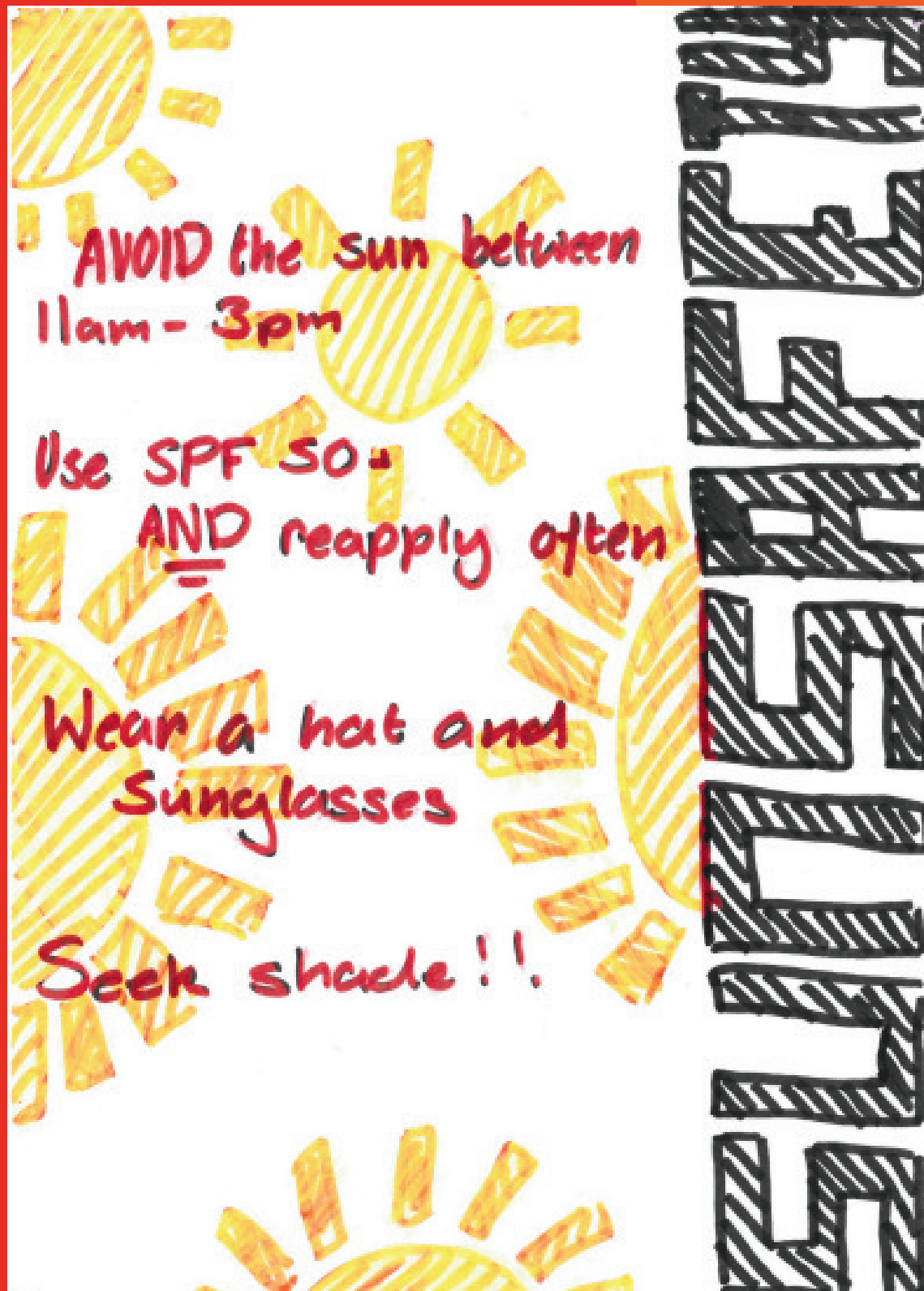
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AVOID the sun between  
11am - 3pm

Use SPF 50+  
AND reapply often

Wear a hat and  
Sunglasses

Seek shade!!

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# STAY SAFE IN THE SUN



## Cover up

Wear clothing that covers your skin.



## apply sunscreen

A high SFP and reapply often.



## wear a hat & sunglasses



## seek shade

shelter under a tree, umbrella or another shady spot.



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