

## *SLIP, SLAP, SLOP!*

Most sunscreens work by absorbing ultraviolet rays, but some reflect the rays. Those that protect against both U.V.A. and U.B.V. are the best. Sunscreens should be used to help protect against sunlight, not as a substitute for avoiding exposure.

If swimming, use a waterproof sunscreen and re-new it after coming out of the water.



*Use a waterproof sunscreen when swimming*

Some suntanning lotions do not contain sunscreen and will provide no protection. Beware of reflected light.

On sunny days, even in the shade, a hot sun can burn if

reflected from sand, etc. Sunlight can also

come through thin cloud and thin clothes. The sun's rays are more powerful at higher altitudes. Beware of this. It may be cooler, but you will need more protection. Wear sunglasses as exposure to prolonged sunlight can also damage the eyes.

SLIP ON SOME CLOTHES

SLAP ON A HAT

SLOP ON SOME SUNCREEN

## THE HEDON GROUP PRACTICE

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THE SUN AND HOW  
IT CAN AFFECT YOUR  
HEALTH

# BE SAFE IN THE SUN

## SUN AND HEALTH

Too much sunlight is harmful and can damage the skin. There are two main types of damaging ultraviolet sunlight, U.V.A. and U.V.B. U.V.A. has an effect of ageing the skin and causing wrinkles and other damage to the skin. In some people, too much U.B.V. may cause skin cancer. All people are at risk if exposed to too much sun. People with fair skin, freckles and red or ginger hair are most at risk. In general, the darker the skin, the less risk of developing skin cancer.



*U.B.V. causes suntanning but also burning*

## WHAT IS SUN DAMAGE?

Repeated exposure to too much sun over a number of years can cause damage to skin. Apart from early ageing and wrinkling, sun damaged skin can include the following:-

Brown spots, roughened “crusty” spots, skin cancers.

It is not just people who sunbathe who are at risk.

Outdoor workers who do not cover their skin are more prone to these problems. If you notice any area of skin that looks unusual, or any lumps or moles that change shape, become irregular in shape, bleed, change colour or become ulcerated (sore), then report this to your Doctor.

## CAN I PREVENT SUN DAMAGE?

Stay out of the sun as much as possible. In particular, do not sunbathe between 10 a.m. and 2 p.m. when the sun’s rays are strongest.

When out, wear wide brimmed hats to protect the face and neck. These are the areas most commonly affected by skin cancers due to too much sunlight.



Cover up the body as much as possible, wear long sleeve tops and baggy shorts.

Childrens’ skin is more sensitive than adults. They should keep their clothes on whilst playing in the sun. Wide brimmed hats with a neck protector are recommended. Sunscreens should be applied to all areas of skin. Renew it regularly. Sunscreens are labelled with a sun protection factor. A factor of 15 or more is recommended for maximum protection.