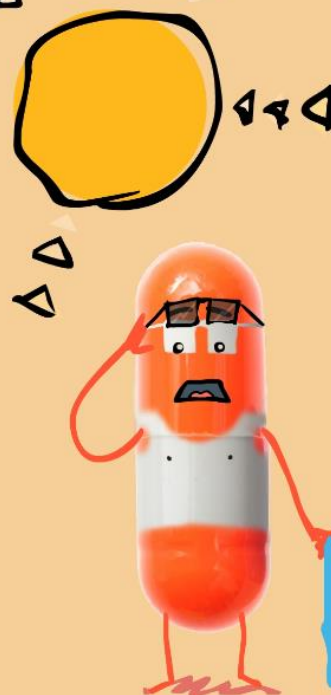


# Choose self care

Do you have sunburn that needs treatment?  
Speak to your pharmacist today about  
how they can help you.



## What can I do to help to prevent sunburn?

- Regularly apply and re-apply every few hours a high factor sun protection cream.
- Re-apply sun protection cream after swimming or exposure to water.
- Avoid exposure to the mid-day heat when temperatures are at the highest.
- Wear suitable clothing to provide sun protection e.g. t-shirts, hats etc.

Treatments available to buy over the counter include after sun creams and calamine lotion.

Always read the information leaflets provided with the medicine before you apply them.

## When should I see a GP?

If the skin is broken or inflamed and over the counter preparations are not easing the symptoms.

