**Claremont Bank Surgery Newsletter 2019**

SUN PROTECTION FOR SUMMER 2019

Below is a list of the best ways to protect you from the sun:

* Apply sunscreen at least 30 minutes before going outside, so your skin has time to absorb it and reapply often.
* Avoid tanning beds as the ultraviolet light can cause skin cancer and wrinkling.
* Protect children by applying sunscreen often with an SPF of at least 15, have them play in the shade and wear protective clothing.
* Babies under the age of 6 months should never be in direct sunlight and should always wear a hate and clothing that’s protects them from UV rays.
* Stay inside between 11am and 3pm as that is when the sun is the strongest and can do the most damage
* Wear a hat. A wide brim hat (not a baseball cap) is ideal because it protects the neck, ears, eyes, forehead, nose, and scalp