

5 SIMPLE STEPS

Apply generous amounts of water resistant sunscreen of at least SPF 30, to clean, dry skin before going out in the sun. Make sure you re-apply regularly throughout the day

When the sun's rays are strongest between 11am and 3pm, where possible, find a shady spot to avoid sun burn.

Throw on a long sleeved top and also protect your legs. Don't forget to protect the back of your neck.



Whether it's a stylish fedora, a trilby or a baseball cap (hard hat at work) – all can help to keep the heat off your head, face, neck and ears

Slip on those sunglasses to make sure your eyes are protected from the strong rays of the sun



Take care of your skin