

British Association of Dermatologists

SAVE OUR SKIN



SLIP ON A SHIRT

Protect your skin with clothing, and don't forget to wear a hat that protects your face, neck and ears and a pair of UV protective sunglasses.



SEEK OUT SHADE

Step out of the sun before your skin has a chance to redden or burn. Keep babies and very young children out of direct sunlight. When the weather is warmer, spend time in the shade between 11am and 3pm when the sun is at its brightest.



SLAP ON SUNSCREEN

When choosing a sunscreen, look for:

- High protection SPF (minimum SPF 30) to protect against UVB rays from the sun, which cause sunburn.
- The UVA circle logo and/or 4 or 5 UVA stars, to protect against UVA rays, which cause skin ageing and sun damage.

Apply plenty 15 to 30 minutes before going out in the sun, and reapply every two hours and straight after swimming and towel-drying.



DON'T GET CAUGHT OUT, NEVER LET YOUR SKIN BURN!

Not everyone's skin offers the same level of protection in the sun. If you are pale skinned and burn easily you are at greater risk and need to take extra steps to protect your skin from sunburn and sun damage.


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