

# Five ways to stay safe in the sun



Help ensure you're well protected from UV rays, by following these tips.

## 1. Use good quality sunscreen

Buy one that has 'UVA' on the label, a star rating of 4 or 5, is at least SPF 30, water-resistant and still in-date.

Put it on 30 minutes before you go outside and reapply at least every two hours.

## 2. Wear protective clothing

Wear loose clothes that cover your skin, made from breathable fabrics with a tight weave to stop UV rays getting through. Wear a wide-brimmed hat and sunglasses too.

## 3. Check the UV index

The UV index tells you how strong the UV rays are in your area. Check it online before you head out.

## 4. Seek out shade

Avoid sitting in the sun between 11am and 3pm. Seek shade – under some trees perhaps, or bring a parasol out with you.

## 5. Drink plenty of water

Aim to drink 6-8 glasses of water per day or more if you're feeling thirsty. Steer clear of alcohol as it makes you pee more and can leave you even more dehydrated.

