

# Is your child safe in the sun?

Children have delicate skin which is exposed to sunlight more often than an adult's

Your child will receive 80% of their total lifetime sun exposure by the age of 21

More than half of skin damage caused by the sun occurs during childhood years. So protect your child now.

Ultra violet rays from the sun can cause skin cancer in later life

Skin Cancer is one of the most common kinds of cancer in the UK

Damage to skin from sunburn remains after the tan has faded

Ultra violet rays can pass through thin cloud and cause sunburn

Water transmits 85% of ultraviolet rays. You will burn just as easily in the water as out

Damage to the skin builds up with each year's tan

Your child should only wear sunglasses that meet British Standards

The sun's harmful rays are usually strongest between 11am and 3pm

Make sure your child wears a hat: broad-brimmed or legionnaire style

Read the maker's instructions and re-apply sunscreen frequently

High protection sunscreen is SPF 30 or more - so check the label

Before your child goes out in the sun, apply high protection sunscreen to their exposed skin

Playing in the shade protects your child from the sun's strongest rays

Cover your child up with loose fitting but tightly-woven clothing in the sun

This poster was created by Boots in partnership with Nottingham Skin Cancer Action Group which is supported by the NHS in Nottingham

