



SUN SAFETY SUNSCREEN


Sunscreen does not give the Sun Protection Factor (SPF) it states on the bottle if it is not applied correctly. Follow our tips to stay sun safe!

 **Firstly, check the expiry date of your sunscreen, as out of date sunscreen will not be as effective and you risk burning.**

 **Use five teaspoons of sunscreen to cover your whole body.**


 **One teaspoon is enough for just your face, neck and shoulders.**

 **Apply sunscreen 15 to 20 minutes before going outside.**

 **Reapply every two hours, or after swimming, even if your sunscreen is 'water resistant' or exercise.**

 **Rub sunscreen in gently and make sure you cover all exposed body parts such as face, ears, backs of hands and feet.**

 **Don't forget to protect your lips - using a SPF30+ lip balm**

 **UV rays penetrate clouds and reflect off sand, water, snow, and even concrete. Sunscreen still needs to be applied when it is cloudy!**



For more information about the British Skin Foundation see www.britishskinfoundation.org.uk

   **@BSFcharity**