



SUN SAVVY



PROTECT YOUR SKIN

Always use a minimum of SPF 30 sun cream with 'Broad Spectrum' UVA and UVB protection. Many will have added Vitamin C or E which help protect the skin against sun damage. Don't forget to re-apply frequently, especially if going in the sea. Make sure that your sun cream is still in date. Most sun creams will have a symbol on the side to say how long they last once open, normally 6M, 12M or 18M.

USE COVER

Prolonged exposure to the sun can not only increase the risk of skin cancer but also speed up the ageing process, weaken the immune system and cause permanent damage to eyes. Limit your exposure to the sun between 11am and 3pm when the sun is strongest. Cover up with long sleeves, a big hat and approved UV sunglasses.

STAY HYDRATED

Drinking water is one of the most important things we can do for our health especially in the summer months to prevent heat exhaustion and dehydration. Aim to drink 1 ½ to 2 litres of plain water a day and for some added flavour, try adding some lemon, lime or orange slices or herbs such as mint or basil. Caffeinated drinks such as tea and coffee can be dehydrating so limit these to 2 or 3 cups a day or swap for herbal teas and remember to include lots of hydrating foods such as fruits and vegetables.

