

Take care in the sun

Information for patients



Easy Read



A member of staff or a carer can support you to read this booklet. They will be able to answer any questions that you have.

Use sun cream



Everyone must use sun cream when they go outside in the summer.

Put the cream on at least 15 minutes before you go outside.

Use sun cream even if it is cloudy.

Ask for help when choosing your sun cream

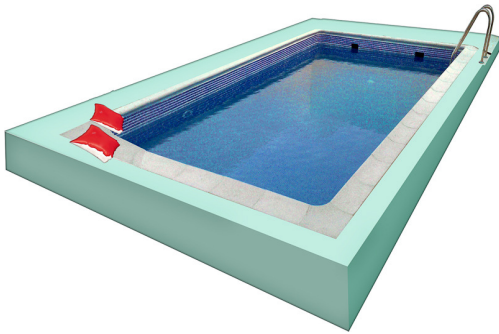


Some sun creams are stronger than others. You should use one that is higher than **Factor 15**.

Ask for help to apply the sun cream



Put lots of sun cream on and you need to use it quite often.



Always put more sun cream on after you have been swimming or in the water.



You will get sunburn if you go out in the sun without protection.



Between 11 o'clock in the morning and 3 o'clock in the afternoon the sun is at its strongest.

Do not sit out in the sun between these times.

Sun cream is not enough



Wear loose clothing, a hat and sunglasses.





Regular border



Irregular border

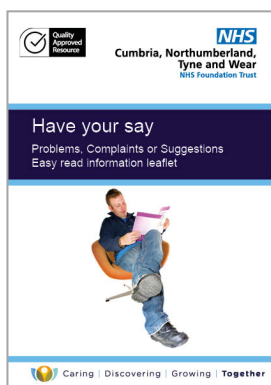
If you have moles on your skin check them regularly.

If you see any changes tell someone.



Make an appointment to see your doctor.

Problems, complaints or suggestions



Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust has a complaints policy. We will give you a leaflet about how to make a complaint.

If you think that we could improve our service then please let a nurse know your idea.

Further information

- www.sunsmart.org.uk
Information and sun protection advice

References

- Heatwave: Looking after yourself and others during hot weather – the latest advice, Department of Health, August 2010
- www.sunawareness.org



Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre. If you would like to tell us what you think about this leaflet please get in touch.

This information can be made available in a range of formats on request (eg Braille, audio, larger print, BSL or other languages). Please contact the Patient Information Centre Tel: 0191 246 7288

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