

# Safe In The Sun

by Mary-Ellen Siegel

Top tips to help you stay safe in the sun. Whilst many of us like to enjoy the sun and hot weather, we should make sure we do it safely and remember certain 23 Jun 2014 . The suns ultraviolet (UV) rays can damage your skin in as little as 15 minutes. Follow these recommendations to help protect yourself and your Protecting Yourself - sun safety alliance Be safe in the sun Irish Cancer Society How To Hit the Beach Safely - SkinCancer.org Find out how and when babies can get sunburned, how sun damages your babys skin, and how to protect your baby from the suns burning rays. Sun Safe Play Everyday! - YouTube After-sun lotions can help soothe sun burn, but its a much better idea to . Follow Freddys Sun Safety Tips to make sure you arent left red faced this summer! 1. Sun safety Q&A - Live Well - NHS Choices Its natural to enjoy all kinds of outdoor activities! The Sun Safety Alliance (SSA) encourages you to be safe by following these sun-safety tips year-round to help . How to Stay Safe in the Sun (with Pictures) - wikiHow

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23 Jul 2015 . How to Stay Safe in the Sun. A fun day at the beach means plenty of sun, which naturally gives your body vitamin How to keep your baby safe in the sun BabyCenter 18 Nov 2009 - 4 min - Uploaded by canadiandermatologyRecommended for children ages 2 and up. Help young children understand the importance of 15 May 2013 . FDA has taken steps on multiple fronts to protect consumers from the skin damage that can be caused by too much exposure to the sun. This is Staying safe in the sun Cancer Focus Northern Ireland Ways to enjoy the sun safely. Girls wear straw hats in the sun. When the sun is strong spend time in the shade, cover up with clothing, and use sunscreen with at Keeping your baby safe in the sun March of Dimes So, it is important to remember that exposure to the suns ultraviolet radiation (UVR) is strongly linked to all forms of skin cancer. Luckily, with good sun safety Sun Safety Tips - WebMD Cancer Focus NI warns that skin cancer is on the increase, so its more important than ever to be sun safe. Visit [www.careinthesun.org](http://www.careinthesun.org). Sun safety for kids Raising Children Network Sun safety - Health 24 Mar 2015 . Whatever your age, the best way to enjoy the sun safely and protect your skin from sunburn is to use a combination of shade, clothing and Sun Safety. There is no such thing as a healthy tan, according to dermatologists, who look at a tan and see a sign of injury. Tanned skin will forever contain cells Be Safe in the Sun - American Cancer Society Protect your childs skin from UV exposure, skin damage and sunburn with simple sun safety precautions - timing, shade, protective clothing and sunscreen. Protect your skin and eyes in the sun - Live Well - NHS Choices 3 Jun 2015 . Be safe in the sun. Skin cancer is the most common cancer in men in Ireland. One in every eight men will get skin cancer in their lifetime. Play Safe in the Sun A Womens Dermatologic Society Community . Tips on how to protect your skin from sun damage that might cause cancer. Keep kids safe in the sun - Lush Its fun to be outside on a hot, sunny day. But too much sun and heat can make you feel terrible. Find out how to stay safe in this article for kids. How to Be Safe When Youre in the Sun - KidsHealth Consumer Updates Stay Safe in the Summer Sun 16 Jul 2015 . How do you prevent skin cancer? Get information on how much sun you need and how to protect yourself, including sunscreen, vitamin D and Tips to keep your child safe in the sun, including how to protect their skin. How to Keep Children Sun-Safe - SkinCancer.org Its important to protect your and your childrens skin in the sun to avoid sunburn and heat exhaustion. What sun protection factor (SPF) should I use? Use sunscreen with a sun protection factor (SPF) of at least 15. Being safe in the sun - Canadian Cancer Society Broad-spectrum sunscreen is a core part of any sun safety regimen. The suns UVA and UVB rays are the main causes of premature aging and skin cancer, CDC - Sun Safety - Skin Cancer Too much sun can be harmful for your babys skin and eyes. Keep your baby safe in the sun by following these sun care tips. Includes sunscreen guide. Cancer, Safe, Sun CancerCare Be Safe in the Sun. In this section you can learn about some of the damaging effects that too much sun exposure can have on the skin. Youll also find tips to Sun, UV and cancer Cancer Research UK With thanks to our new corporate sponsor, La Roche-Posay, the award-winning WDS Play Safe in the Sun Campaign will continue to work at curbing the . Staying safe in the sun - Met Office Be safe in the sun and know when to find shade or go inside. Get tips on covering up and using sunscreen to reduce risk and learn the signs of skin cancer. Child safety in the sun - Pregnancy and baby guide - NHS Choices 26 Jun 2014 . Sun safety. Information about the harmful effects of extreme heat and ultraviolet (UV) radiation, including skin cancer, as well as first aid tips for Sun safety - Cancer Council Australia 6 Oct 2014 . Sun exposure causes wrinkles, age spots, and skin cancer. These tips can help you keep your skin safe in the sun. Stay Safe In The Sun Be Safe Be Smart Freddy Fit Sunbeds are not a safe alternative to lying outside in the sun. Skin will still be exposed to harmful UV rays. Health risks linked to sunbeds and other UV tanning Ways to enjoy the sun safely Cancer Research UK Its difficult to keep kids out of the hot sun; our sun care range is full of natural ingredients, and helps shield the skin from harmful UV rays. Sun Safety American Skin Association