



A presentation from Sunderland 5-19  
Service  
(School Nursing Team)





# Lets talk about being safe in the sunshine...

- It's really important to think about sun protection...
- Follow our tips on sun safety for kids and make sure everyone enjoys the sunshine safely when you're out and about.
- It's a good idea to keep in the shade in the middle of the day when the sun is at its strongest - try to stay indoors between 11am and 3pm, or use a parasol or a play tent to provide some shade.
- **Drink lots of water**, especially in warm weather. Drink regularly - particularly when you've been running around.

# Have you heard about...



## THE FIVE S's OF SUN SAFETY:

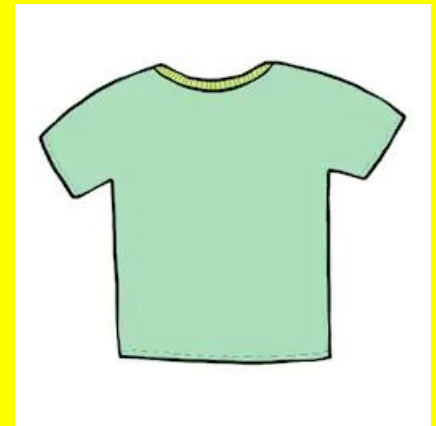
1. **SLIP** on a t-shirt
2. **SLOP** on sunscreen of factor 30+ UVA sunscreen
3. **SLAP** on a broad brimmed hat
4. **SLIDE** on quality sunglasses
5. **SHADE** from the sun whenever possible



# 1. SLIP on a t shirt...



- Clothing can be one of the most effective barriers between our skin and the sun
- Clothing should cover as much skin as possible
- Always keep shoulders covered that can easily burn





## 2. SLOP on factor 30+ broad spectrum UVA sunscreen...

- Always use a sunscreen with a Sun Protection Factor (SPF) 30 or above, preferably water resistant
- Apply a generous amount to clean, dry, exposed skin, don't forget about shoulders, ears, nose, cheeks and tops of feet
- Apply 20 minutes before going outdoors and preferably once again when outdoors
- All sunscreens should be reapplied at least every 2 hours and more if straight after swimming



# Advice about sunscreen...



- Look for the star rating when buying sunscreen - 5 star products provide the best balanced protection against all UV rays



### 3. *SLAP* on a broad brimmed hat...



- Always wear a hat with a wide brim that shades the face, neck and ears
- Warning: Baseball caps do not shade the ears and neck which can easily burn



## 4. SLIDE on quality sunglasses...



- Solar UV radiation can be damaging to the eyes so it is important to wear quality sunglasses
- Look for the European CE mark which indicates a safe level of protection
- Ensure they are close fitting and wrap around to stop solar UVR entering the sides and top





## 5. SHADE from the sun whenever possible...



- Shade can provide a good barrier between our skin and the sun
- Find some shade whenever possible, particularly at the hottest times of the day between 11am and 3pm when the sun is at it's strongest



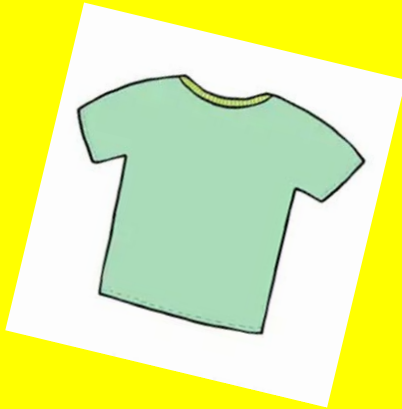


## Be Sun Safe!

Playing in the pool is fun,  
Make sure you stay safe in  
the sun!

Wear a hat and plenty of  
sunscreen,  
Mr sun can be a little mean!

# Sun safety... some tips to remember...



## Top tips to stay safe in the sun!

Areas of your body that need sun cream the most

Nose  
Cheeks  
Ears  
Shoulders  
Back of neck  
Top of feet

stay in the shade!

Wear sunglasses!

Wear a hat!

Cover up!

Wear Suncream SPF 30+

# Information for parents...

Please have a look at our facebook page

<https://www.facebook.com/GrowingHealthySunderland/>



Primary School 

## Your School Nursing Service



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