

Five ways to stay safe in the sun



Help ensure you're well protected from UV rays, by following these tips.

1. Use good quality sunscreen

Buy one that has 'UVA' on the label, a star rating of 4 or 5, is at least SPF 30, water-resistant and still in-date.

Put it on 30 minutes before you go outside and reapply at least every two hours.

2. Wear protective clothing

Wear loose clothes that cover your skin, made from breathable fabrics with a tight weave to stop UV rays getting through. Wear a wide-brimmed hat and sunglasses too.

3. Check the UV index

The UV index tells you how strong the UV rays are in your area. Check it online before you head out.

4. Seek out shade

Avoid sitting in the sun between 11am and 3pm. Seek shade – under some trees perhaps, or bring a parasol out with you.

5. Drink plenty of water

Aim to drink 6-8 glasses of water per day or more if you're feeling thirsty. Steer clear of alcohol as it makes you pee more and can leave you even more dehydrated.

