

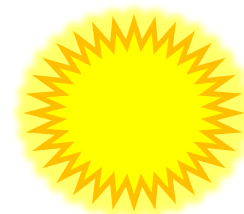
## The sun has got his hat on!

Dear Colleagues,

Please consider sharing the following public health messages with families.



### Sun safety



► Encourage children to play in the shade especially between 11am and 3pm, when the sun is at its strongest [Cancer Research UK](#)

► Keep babies under the age of six months out of direct sunlight

► Children should wear a wide brimmed floppy hat to shade their face and neck

► Use loose cotton clothes, such as a long sleeved oversized T-shirt to protect their skin

► Protect children's eyes with sunglasses that meet the British Standards and carry the "CE" mark



► Sunscreen is not an alternative to covering up with suitable clothing and seeking shade, but it does offer additional protection. [NICE](#)

► Cover exposed parts of children's skin with sunscreen, even on cloudy days. Use one that has a sun protection factor (SPF) of at least 15 and is effective against UVA and UVB and reapply throughout the day

► Be especially careful to protect a child's shoulders and the back of their neck when they're playing, as these are the most common areas for sunburn

► Use a waterproof sunblock of factor 15 or above when swimming outdoors and reapply after toweling. [NHS Choices](#)



### The heat is on!

► The very young, the elderly and the seriously ill are the groups who are at risk of health problems when the weather is very hot. In particular, very hot weather can make heart and breathing problems worse. [The Met office - Heat Health](#)

► When the weather is particularly hot babies and young children may need extra fluids to avoid becoming dehydrated. Breastfed babies may want to feed more than usual and bottle fed babies can be offered water (boiled and cooled for babies less than 6 months) as well as their usual milk feeds. [NHS choices](#)

► Follow [Lullaby Trust](#) safer sleep advice and ensure babies don't get too hot by using lighter bedding and clothing and keeping the room temperature between 16 and 20 °C

► Avoid covering a pram or buggy with a blanket as this can lead to overheating and increases the chance of Sudden Infant Death [Lullaby Trust summer safety](#)

### Resources

☀ Poster [Save our skin - British Association of Dermatologists](#)

☀ Poster [Seaside sun damage - Cancer Research UK](#)

☀ [NHS Choices](#) : Sun safety advice including a short film about how to apply sunscreen.

☀ Poster: Kids cook quick, keep them covered. Order code: P07/06 [West Sussex Health Promotion](#)

☀ Poster: Ban the burn! Take care in the sun. Order code: P07/25(L) [West Sussex Health Promotion](#)

☀ Leaflet: Cool kids go under cover. Play safe in the sun. Order code L07/06 [West Sussex Health Promotion](#)