



Holding Hands with Jesus as we love, learn and grow together

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Stay safe in the sun

By following a few simple safety tips, we can all enjoy the warmer weather and avoid the risks of sunburn, sunstroke and skin cancer.

- Stay out of the heat between 11am and 3pm when the sun is at its hottest
- Wear light, loose-fitting clothing and a hat/scarf
- Apply sunscreen regularly - minimum factor 15. Apply 30 minutes before you go out in the sun
- Babies, children and very fair skinned people should avoid direct sunlight
- Drink plenty of cold drinks, avoiding alcohol, caffeine and sugary drinks
- Keep your home cool by keeping windows shaded and closed during the day
- Open windows at night to cool the home, if safe to do so - electric fans may help too
- Older people, particularly those with health conditions, should take additional care
- Ensure any medication is kept below 25°C
- Take extra care when planning outdoor activities such as barbecues and those around water

For more information go to www.nhs.uk/summerhealth, telephone NHS 111 or visit your local chemist.

