KERRY SKIN CLINIC
SKIN, HAIR + NAILS SPECIALISTS

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BE SAFE IN THE SUN

TEN RULES FOR PEOPLE WITH FAIR OR SENSITIVE SKIN AND THOSE WITH SUN DAMAGE

1. Cover up in the sunny weather – wear a broad rimmed cotton or felt (not straw) hat that covers your face, ears and the back of your neck. Wear a long sleeved shirt and long trousers or a long dress.

2. Put a total sun block on the exposed skin (e.g. face, ears, neck, hands and feet). Choose a factor 25 or greater (i.e. the amount of UVB blockage) with a **four star or total UVA block rating**; e.g. the back of the bottle should have this symbol:

MAXIMUM

3. Avoid going out in the middle of the day (11 a.m. – 2 p.m.) when the sun is most dangerous.

4. Remember that you can get sun damage even in cloudy days (70% of the damaging sun rays will penetrate through clouds, through glass and in the water).

5. Take care to protect your skin from the sun all year round not just the summer months.

6. Never use a sun bed.

7. Be extra careful when over seas in sunny countries.

8. Remember there is no such thing as a “safe tan”. Tanning is a sign of skin damage. However, fake tans are safe but you still have to use all the above precautions (i.e. total sun blocks and protective clothing) when using a fake tan.

9. Too much sun (or sun beds) can cause skin cancer especially in Irish people who have sensitive skin. Excessive sun exposure (or sun beds) will also prematurely age the skin and cause wrinkles.

10. Beware of a cooling breeze, especially on a cloudy day when out bathing or on a boat as it may temporarily mask the burning effects of the sun.

Ref: Dermatology Papers - Be safe in the sun

For more information:

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