

Tips to keep your child safe in the sun

- Encourage your child to play in the shade – for example, under trees – especially between 11am and 3pm, when the sun is at its strongest.
- Cover exposed parts of your child's skin with sunscreen, even on cloudy or overcast days. Use one that has a sun protection factor (SPF) of 30 or higher and protects against UVA and UVB. Apply sunscreen to areas not protected by clothing, such as the face, ears, feet and backs of hands.
- Be especially careful to protect your child's shoulders and the back of their neck when they're playing, as these are the most common areas for sunburn.
- Cover your child up in loose cotton clothes, such as an oversized T-shirt with sleeves.
- Get your child to wear a floppy hat with a wide brim that shades their face, ears and neck.
- Protect your child's eyes with sunglasses that meet the British Standard (BSEN 1836:2005) and carry the CE mark – check the label.
- If your child is swimming, use a water-resistant sunscreen of factor 15 or above. Sunscreen should be reapplied straight after you have been in water – even if it's "water resistant" – and after towel drying, sweating or when it may have rubbed off
- Don't forget to encourage your child to drink plenty of water throughout the day.

You can contact your school nurse in many ways:

Phone us on 0121 726 6754

Parent text messaging service on 07480 635 496

Chat health (age 11 – 19 years) confidential text messaging service on 07520 615 730