

Sunbathing

Tips for staying safe in the sun

Being tan is fashionable but exposure to the sun also ages skin and may cause skin cancer.

How can we protect ourselves from the sun?

- Use a moisturizing lotion on your face and body for several days before you start sunbathing. We should also apply moisturizer at home, half an hour before going out in the sun and then reapply after every dip in the water or every two hours.

- Sunbathe at off-peak times when the sun is lower in the sky, before 12 noon and after 5 p.m.

- Use a water resistant sun cream with a high sun protection factor (SPF). Apply the cream liberally to all parts of your body including ears, eyelids and lips.

- Wear wide-brimmed hats, sunglasses and use beach umbrellas. We also need to be aware that sand, water, snow and grass all reflect the rays of the sun and that it is possible to get a sunburn while under the shade of an umbrella.

- Drink lots of water while out in the sun tanning and afterwards.

- After sunbathing, shower and apply moisturizing lotion.



Who can sunbathe and what is the best time?

- People who have very fair skin need the most protection; they need to use sunscreen with an SPF of at least 30. People who tan easily should also use sunscreen with an SPF of at least 15.

- Children need high protection because their skin is more sensitive and the sun causes them more damage.

- Pregnant women must also be very careful to avoid developing dark blotches on their faces.

- If you have any sort of skin condition, consult your doctor before any sun exposure.

And remember:

- Colognes and perfumes can cause spots to appear on sun exposed skin.

- Do not use creams left over from last year, they expire.

- Artificial UV rays also cause skin aging and may lead to skin cancer.

- Even in winter we need protection from the sun.

