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# Sunscreen. No one likes it.

But whether you're a sun lover or a shade seeker, sun safety is more important than ever. Grab the sunscreen, style out the sun hat, and always remember – when it comes to looking after your skin this summer, **there's no such thing as too much protection.**



## Three steps for skin safety

- 1 More protective clothing** – cover up exposed skin with UPF clothing, wear a wide-brimmed hat and sunglasses with UV protection.
- 2 More sunscreen** – use SPF 30 or above sunscreen on exposed skin and reapply at least every 2 hours or after swimming/sweating etc.
- 3 More shade** – especially between 11am-3pm when the UV index is highest. Keep babies and young children out of direct sunlight.



Learn more about how to protect your skin this summer at [britishskinfoundation.org.uk/sun-safety](https://britishskinfoundation.org.uk/sun-safety)

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