

# HOW TO PROTECT YOUR SKIN THIS SUMMER

HEALTH AND  
WELLBEING  
CALENDAR 2023

CHOOSING THE RIGHT SUN CREAM CAN HELP REDUCE THE RISK OF SKIN CANCER AND EARLY SKIN AGING CAUSED BY THE SUN. ■



## UVA-PROTECTION

Sun cream should have at least a 4-Star UVA rating. This can be presented as letters "UVA/UVB".

85-90%

## SUN CREAM IS AN IMPORTANT TOOL ■

Did you know, on average, 85-90% of Melanoma Skin Cancers are preventable? (Cancer Research UK, 2015)



## CHILDREN & SUN PROTECTION ■

Take extra care to protect babies and children. Their skin is much more sensitive than adult skin. Children aged under 6 months should be kept out of direct strong sunlight.

From March to October in the UK, children should:

- cover up with suitable clothing
- spend time in the shade, particularly from 11am to 3pm
- wear at least SPF30 sunscreen

Apply sunscreen to areas not protected by clothing, such as the face, ears, feet and backs of hands.

To ensure they get enough vitamin D, all children under 5 are advised to take vitamin D supplements.



■ THE NHS RECOMMENDS CONSUMERS CHOSE A SUN CREAM THAT HAS:

5

**MELANOMA SKIN CANCER** is the 5<sup>th</sup> most common cancer in the UK (Cancer Research UK, 2018)

30

**SPF 30 OR HIGHER**

This will help protect against UVB Rays.

**WATER RESISTANT OR VERY WATER RESISTANT**

Ensure you chose a sun-cream that is water resistant. However, remember to re-apply after you exit the water.

6-8

**TEASPOONS OF SUNCREEN**

is considered an appropriate amount to cover an adult body. If you plan to be out in the sun long, this should be applied 30 minutes before going out, then again just before leaving. You should then re-apply every 2 hours.



**CONCERNED ABOUT ANY CHANGES TO YOUR SKIN?**

Scan the QR code below to learn more about our cancer support services.

<https://echonet.bnpparibas/en/hr-corner/cancer-support>



**BNP PARIBAS**