

Tips for sun care no juguis amb force





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Key points for sun protection

While the sun provides health benefits, it can also be dangerous (burns, allergies, aging, and skin cancer). But with a few tips and some precautions, you can enjoy its beneficial effects and still take care of your health.





1- Try to avoid sun exposure between 12 a.m. and 4 p.m.



2- Use an **appropriate sunscreen** for your skin type. **Talk with a pharmacist** about an oral treatment.



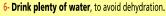
3- Apply sunscreen generously a half an hour before exposure to the sun. Reapply every two hours.



Don't forget the areas behind your ears, your nose and the tops of your feet.



Use **sunglasses with UV protection,** a wide-brimmed hat, and high factor lip screen too.





7- Children, pregnant women and the elderly should be especially cautious.



8- If you take medicine that makes you sensitive to light. or if you have a sun allergy or lots of freckles, take extreme precautions and consult a pharmacist.



After sun exposure, **rehydrate your skin by taking a lukewarm shower**, and treat it with special products designed to prevent skin aging.



10- You should use the same level of skin protection on cloudy days as you do on sunny days. The same applies even if you're underneath a beach umbrella.



11- Remember that tanning creams do not offer sun protection.