

## In the case of Sunburn

- Take the child indoors, carefully cool the affected area with cold water
- Apply aqueous cream, oily calamine lotion or after-sun lotion to the affected area
- Wear loose clothing
- Encourage the child to drink fluids
- Ensure that the sunburn has healed before exposing the skin to the sun again
- Seek medical help if the child is very young or a large part of the body is sunburnt or the skin is blistered and swollen

## Heat Stroke be alert for:

- Vomiting
- A raised temperature, over 38 degrees C, 100 degrees F.
- Drowsiness, confusion, dizziness or even unconsciousness

## In the case of Heat Stroke

- Remove child from heat
- Give sips of water
- Remove clothing
- Sponge skin or wrap in something wet.
- Get immediate medical help if the child is unconscious

## sunbeds

- The use of sunbeds causes premature ageing of the skin and increases the risk of skin cancer. They have no protection value and should not be used

## Contacts

### further advice:

- GP
- Practice Nurse
- Health Visitor
- School Nurse
- Community Pharmacist

### urgent medical advice:

GP or A & E Department



NHS

# Cool Kids

go under cover...



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...play safe in the sun

**S**kin cancer is now the second most common form of cancer in the U.K.

There is increasing evidence that episodes of sunburn in children under the age of 15 are a major risk factor for skin cancer in later life.

As a parent, you play a crucial role in making sure that your child is protected from the sun when at school, on holiday or at play.

## This is what you can do

- Explain to your child that it is dangerous to burn in the sun
- Purchase a hat for your child, which is made from a closely woven natural fibre and which will protect the face, ears, and neck
- Encourage your child to wear the hat at home, at school, at weekends and whenever outdoors
- Dress your child in shirts or tops made from closely woven natural fibre eg. T-shirt material with collars and long sleeves
- Encourage play and activity in shaded areas during the hours from 11am to 3pm
- For periods of unavoidable exposure use a broad spectrum sunscreen with SPF 15 or more which is water resistant
- Support your school's sunsafety policy, and make sure your child is protected while at school, on school trips and during sports activities
- Be a role model for your child and protect your skin from burning
- Make sure your child has access to drinking water throughout the day

## Sun Avoidance

- Never allow the skin to burn
- Seek the shade between 11am-3pm
- Remember reflection off water, sand, snow and concrete increases risk of burning
- You can still burn on cloudy days



## Sun Protection

- Wear protective clothing (particularly a T-shirt, hat or cap). In addition use a sunscreen on exposed parts
- For periods of unavoidable exposure use a broad spectrum sunscreen with SPF 15 or more which is water resistant
- Applying sunscreen before school will not provide adequate protection later in the day
- Teach your child to apply and re-apply sunscreen properly
- Always keep babies under 12 months in the shade

