

# Other things that can help

## Wear Sunglasses

This protects your **eyes** from the Sun



Don't stay in the sun for too long



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SWANSEA PEOPLE FIRST  
Peer Health Advocacy Project



*GOOD HEALTH FOR ALL!*

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SWANSEA PEOPLE FIRST  
Peer Health Advocacy Project



An Organisation of and for People with Learning Disabilities

*GOOD HEALTH FOR ALL!*

## Safety in the Sun



Protection from the  
Risks of Skin Cancer  
An Information Leaflet

# What you need to do to protect yourself in the sun

## Wear a Hat

This stops the **head** from burning



## Put a T-Shirt On

This stops the **chest** and back from burning



## Put Shorts on

This stops some parts of the **legs** from burning



## Put Shoes On

This stops the **feet** from burning



## Creams/Lotions

Most importantly put sun lotion or cream on regularly throughout the day

Each time you come out of the water put more on



The higher the factor the better if you unsure talk to a Pharmacist

See a **Doctor** if you notice a **mole** on your body that is getting **Bigger, Changing Shape** or **Bleeding**



