

3 simple steps to stay safe in the sun

- ✓ **Stay in the shade**
between 11am and 3pm
- ✓ **Cover up**
with clothing, a hat and sunglasses
- ✓ **Protect your skin**
apply SPF 30+ sunscreen regularly



NHS

Your local pharmacy can help with advice on sunscreen, skin health and staying safe in the sun.

www.staywellthissummer.co.uk

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summer health advice



Stay well
this summer

