

Dr SUNSENSE'S guide to enjoying the sun safely



The winner of the 2008 Dr SUNSENSE schools' picture competition knows how to!

Dr SUNSENSE would like to congratulate Jade Warren, aged 8 from Wickham Common Primary School in Kent – the winner of the 2008 Dr SUNSENSE schools' picture competition.

Jade knows how important it is to follow Dr SUNSENSE's tips – take a look at the lovely pictures she's drawn to show us how!



Slip!

on a shirt



Cover up with cool, loose clothes, like a long-sleeved shirt and trousers.



Slap!

on a hat

Wear a hat that shades your face, neck and ears.



Slap!

on some
sunscreen

If there's any chance you'll burn, put lots of sunscreen on often. Cover every bit of your skin that the sun can reach, even the end of your nose and the tops of your ears.



Wrap!

on sunglasses

Wear a good pair of sunglasses that will protect your eyes against bright sunshine.

Stay!

in the shade

Try to stay out of strong sunshine, especially between 11 and 3 o'clock during the summer. Instead, use the shade of trees, umbrellas or buildings (but remember that concrete can reflect a lot of bright sunshine).





Make sure!

you never
burn

When you're in
the sunshine, don't
forget Dr SUNSENSE's
tips or you might
burn – ouch!

Mums and Dads, did you know?

Just one blistered or painful sunburn
in childhood or adolescence could increase
the risk of skin cancer later in life.

Follow Dr SUNSENSE's tips and you
could reduce this risk.

Why not SLOP! on some light,
non-greasy SUNSENSE?

It's the No.1 sunscreen in Australia,
and the range recommended most by
UK dermatologists!



SUNSENSE is available from most good pharmacies.
Visit www.sunsense.co.uk to find out more.

There's something for everyone in the **SUNSENSE** range



SUNSENSE Ultra SPF 50+

- Ultra protection for the whole family
- Water resistant for 4 hours



SUNSENSE Daily Face SPF 50+

- Everyday moisturising face and neck protection
- Great under make up and for acne-prone skin



SUNSENSE Toddler Milk SPF 50

- Gentle protection for young children and babies
- Water resistant for 40 minutes



SUNSENSE Sport Gel SPF 30

- Cool, dry gel, ideal for hairy areas and acne-prone skin
- Water resistant for 4 hours



SUNSENSITIVE SPF 50+

- Great for sensitive skin and babies
- Water resistant for 4 hours



SUNSENSE Lip Balm SPF 40

- Protects, soothes and moisturises lips, whatever the weather
- Suitable for sensitive skin



SUNSENSE is available from
most good pharmacies.

Visit www.sunsense.co.uk
to find out more.



Date of preparation: July 2008 SUN0708002