**KEEPING SAFE IN THE SUN**

Sunburn increases your risk of sun cancer, and it doesn't happen just on holiday. You can burn anywhere, even when it's cloudy.

Now that the warmer months are here and the summer holidays are just beginning, it's important to remember that there's no safe way to get a tan. And having one already won't protect you from the sun's harmful effects.

A good plan is to spend time in the shade between 11am and 3pm from March to October, and at other times to make sure you don't burn by following these guidelines:

* Use sunscreen with at least factor 30
* Make sure you apply enough as putting it on too thinly gives less protection
* Reapply it regularly even if you've been in water
* Take extra care with children, especially those under 6 months old as they need to be kept our of direct strong sunlight
* Cover up with a hat and suitable clothing with sleeves
* Wear sunglasses to protect your eyes
* Take extra care if you have light skin, freckles, red or fair hair or a lot of moles, or a family history of skin cancer.

You do need moderate sunlight to make vitamin D, but take care and enjoy the summer.

*Sent by Drs Virmani and Bedi's patient participation group*