

Sun: Protect yourself!

With the arrival of summer and the holiday season we have to redouble our efforts to protect ourselves from exposure to the sun and use sunblock that will allow us to enjoy the sun safely. Here we have some tips you can follow that will help ensure your holiday goes well.



1. Keep your outdoor activities to a minimum between noon and 4pm (before and after solar midday);
2. Always wear a hat, a light shirt or T-shirt and UV protection sunglasses when you are in the sun. Gradually expose yourself to the sun, because your skin needs time to adapt;
3. Put on factor 30 or higher sunblock at least 30 minutes before going to the beach or the pool, remembering to reapply it every two hours and each time you come out of the water — even if the sunblock is waterproof;
4. Don't forget to put on sunblock even when the sky is overcast – the UV rays are every bit as dangerous as when the sky is clear;
5. Keep babies out of the sun and encourage the use of sun protection among children from an early age. Children should never be directly exposed to the sun before their first birthday;
6. Remember people with red and blond hair, as well as those with freckles and moles must be extra cautious about protecting themselves and that the shade from a sun umbrella or an awning is not enough to prevent sunburn.