

Self Care Briefing for Clinicians: Sun Protection

Summary

Most people prevent sun burn symptoms by using sun protection products which can easily be bought in a pharmacy or supermarkets.

Recommendations for clinicians

- Provide the patient with a 'non-prescription' sheet or a patient information leaflet to promote education about self-limiting conditions suitable for self care when appropriate.
- For optimum photoprotection, patients must:
 - Use sunscreens from spring to autumn.
 - Apply sunscreens thickly and frequently (approximately two hourly).
- Advise patients to:
 - Use sunscreen preparations with highest sun protection factor (SPF), a minimum of factor 30 to provide maximum protection (protects against UVB) and at least 4 Star UVA protection.
 - Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.
 - Avoid burning.
 - Cover up with suitable clothing, a hat and sunglasses.
 - Take extra care with children.
 - Make sure the sunscreen is not past its expiry date. Most sunscreens have a shelf life of two to three years.
 - Ensure sunscreen is applied liberally and regularly throughout the day (see [nhs.uk Sunscreen and sun safety](https://www.nhs.uk/Sunscreen-and-sun-safety)).

Examples of over-the-counter products available to buy

Please advise patients that suggested prices are, a guide, correct at the time of writing and are subject to change.

- Anthelios® XL Melt-in cream (£12.50 for 50ml).
- Nivea protect and moisture SPF 30 sun spray (£6.00 for 200ml).
- Sensense® Ultra Lotion (£13.00 for 125ml).
- Uvistat® Cream (£16.00 for 125ml).
- Uvistat® SPF50 Lipscreen (£5.50 for 5g).

Further information

- [Selfcare forum](#)
- [NHS.uk](#)
- [Patient UK](#)

Document History

Version: V 1.1

Author: SWL DROP List Working Group

Approved by: SWL IMOC (Integrated Medicines Optimisation Committee)

Approval date: **August 2022**

Review Date: 2 years from approval date or sooner where appropriate.