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Always wear a hat when playing in the sun. If you can, find one that shades your face, neck and ears.

Use high factor sunscreen to protect your skin. Don't forget to top it up every couple of hours.

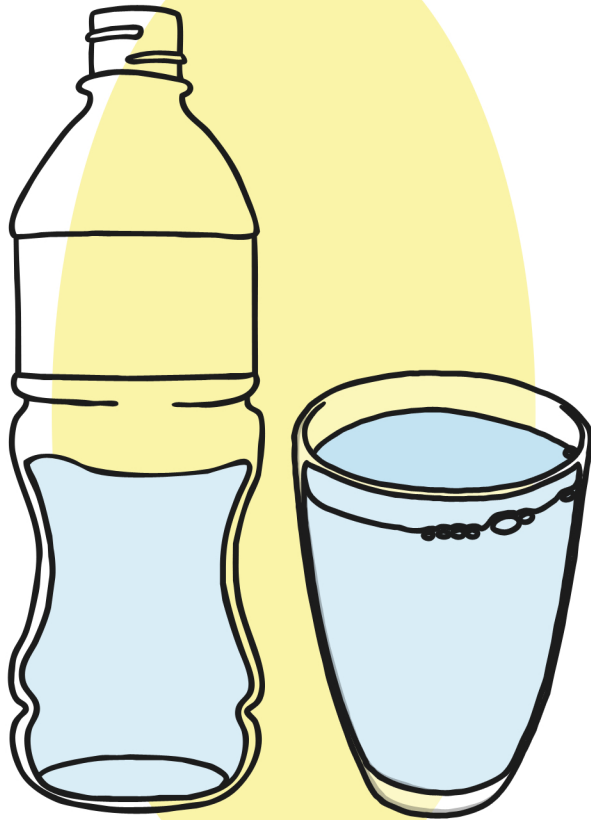


## Sun Safety

How to Stay Safe in the Sun!

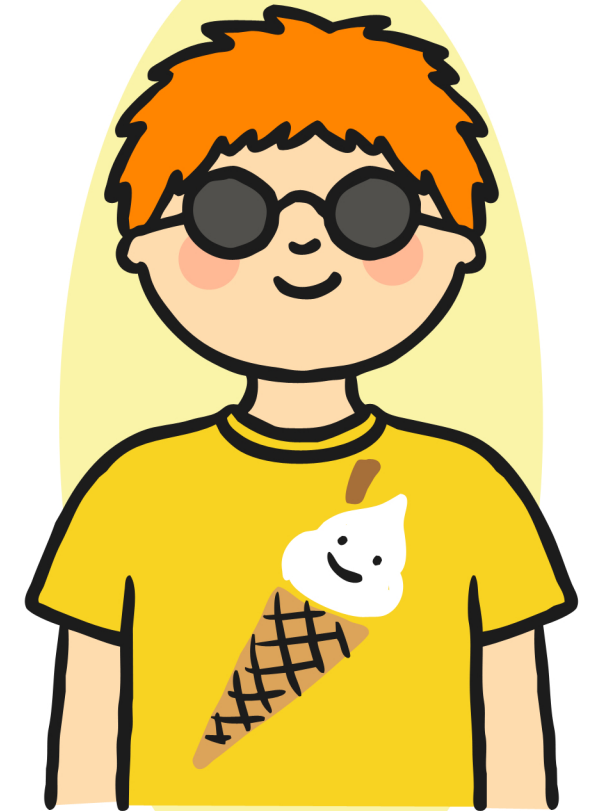


Cover up with a T-shirt.



Drink lots!  
It's easy to dehydrate,  
especially if you're  
running around.

Try to play in the shade.  
Especially between 11am  
and 3pm when the sun  
is at its strongest.



Wear sunglasses to  
protect your eyes.