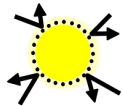




## Take care in the sun



Being out in the sun is enjoyable.



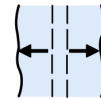
But you must protect yourself from the sun.



The sun can burn your skin.



Put on sunscreen.



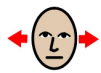
Wear loose clothes.



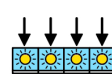
Wear sunglasses and a hat.



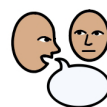
Drink plenty of water.



Don't stay out from 11 to 3



Check moles regularly.



If you feel faint or unwell in the sun tell someone.