

Play safe in the sun



Take care
NOT to burn!



Seek the
shade



Cover up

keep babies in
the shade



Use sunscreen
generously **SPF 15+**



Did you know?



- It can take less than 10 minutes for your skin to burn
- You can get sunburnt on a cloudy day, through glass or in a car
- Sunglasses protect your eyes from harmful UV rays
- The sun's rays are strongest between 11am and 3pm
- You should apply sunscreen 15 minutes before going into the sun and re-apply every two hours or more



Take care not to burn...



- When out in the sun wear a hat and loose clothing
- Seek the shade between 11am-3pm
- For periods of unavoidable exposure, use a high factor sun screen SPF 15 or higher
- Drink water throughout the day