

Cool Kids
go under cover...



...Play safe in the sun

go under cover...play safe in the sun

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
- A darker hat will offer more protection
- 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
- Drink water throughout the day
- Seek the shade between 11am-3pm
- For periods of unavoidable exposure, use a high factor sun screen SPF 15 or higher

