



# Cool Kids

go  
under  
cover...

Take care  
**NOT**  
to burn:

- Cover up with a hat and loose clothing
- Seek the shade between 11am-3pm
- Use a high factor sunscreen SPF 15 or higher for periods of unavoidable exposure
- Remember: reflection off water, sand, snow and concrete increases risk of burning
- Drink water throughout the day

Play safe in  
the sun...