

BE SAFE IN THE SUN



take care not
to burn!

SUNSCREEN

Use **plenty**
opt for
FACTOR 30
or greater

apply at least
20mins
before
exposure

reapply **often**

DRINK FLUIDS

water will help
keep you
refreshed

aim for 6 to 8
glasses per day

don't wait until
you are thirsty



AVOID DIRECT SUNLIGHT

stay out of direct
sunlight between
11am & 4pm

take cover under
a tree, umbrella
or shaded area

protect babies &
young children as
their skin is delicate



SUNGLASSES

prevent **damage** to your eyes
use sunglasses with adequate
UV protection



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HILLS
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health
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HILLS
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