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

DRINK FLUIDS

water will help keep you refreshed

aim for 6 to 8 glasses per day

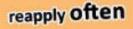
don't wait until you are thirsty

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





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









