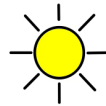
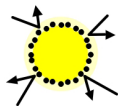


Take care in the sun



Being out in the sun is enjoyable.



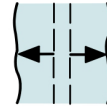
But you must protect yourself from the sun.



The sun can burn your skin.



Put on suncream



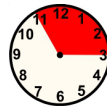
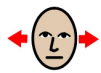
Wear loose clothes



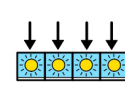
Wear sunglasses and a hat



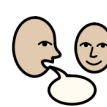
Drink plenty of water



Don't stay out from 11 to 3



Check moles regularly



If you feel faint or unwell in the sun tell someone.