



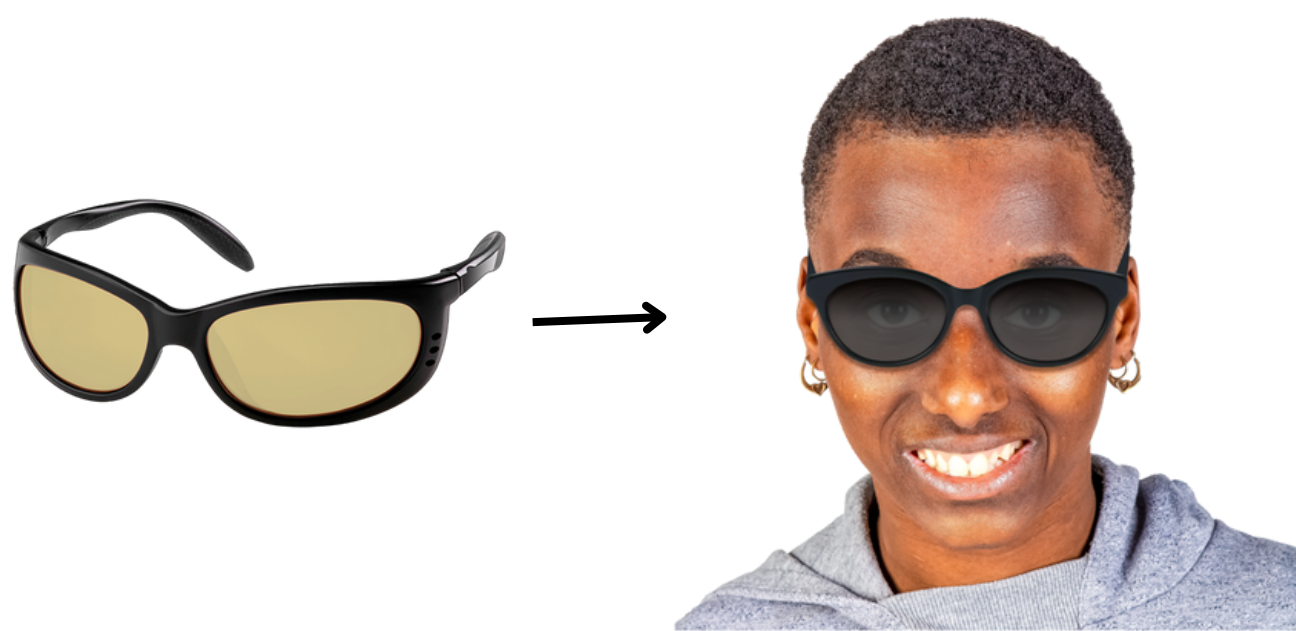
STAY SAFE IN THE SUN



Stay in the shade
between 11:00am and
3:00pm



Wear light clothes to stay
cool



Wear sunglasses when you
are outside in the sun.
This will protect your eyes



Wear a hat to protect
your face, your ears and
your neck



STAY SAFE IN THE SUN



Wear sun protection cream to protect your skin.



Drink lots of water when it is hot and sunny