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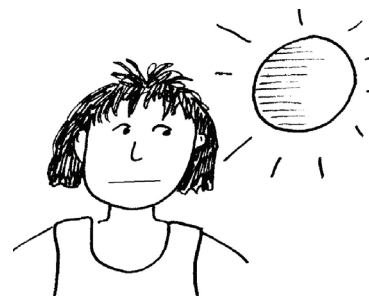


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Staying Safe in the Sun

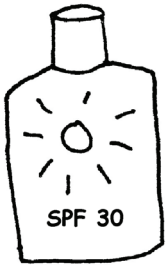


The sun is an important
part of our lives and our
health.

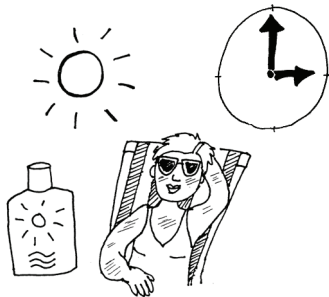


The sun also presents
risks that can lead to
skin and eye damage as
well as skin cancer.

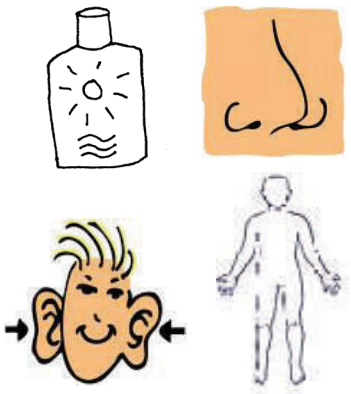
Looking after yourself in the sun.



Wear sun cream. At least factor SPF 30. That is waterproof.



Put sun cream on 30 minutes before going outside. Reapply sun cream every two hours.



Cover your whole body; including ears, eyelids, lips and nose.

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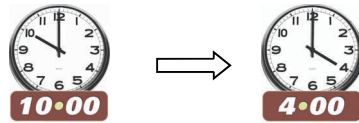
Cover up by wearing loose fitting clothing.



Always wear a hat.



Wear sunglasses to protect your eyes.



3

Find the shade between 10am and 4pm. Even on cloudy days.