



SUN SAFETY TIPS



Let's protect our skin together!

Follow these 7 simple steps to stay safer in the sun:



Wear protective clothing

Clothing acts as a protective layer against the sun.



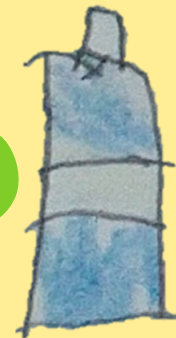
Wear a hat

Hats keep the sun off your face.



Avoid sun tanning

Harmful rays of the sun can damage your skin!



Drink water

Make sure to drink lots of water to stay hydrated.



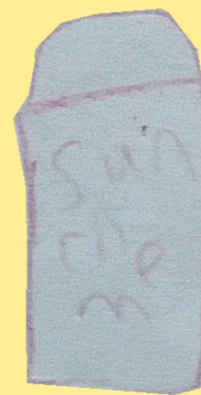
Seek shade

Avoid the sun at midday.



Wear sunglasses

Protect your eyes from the sun by wearing sunglasses.



Put on sunscreen

Suncream protects your skin from the sun.

Designed by school children (Years 1-3) as part of the SUN safety Conversations about Healthy Attitudes to Tanning (The SunChat study) workshops