

Be Sun Smart



Enjoy the summer sun, but ...



Wear sunglasses



Wear a sun hat



Put on
sun
cream



A child is lying on their back on a pink and white striped towel. On their upper back, a smiley face is drawn with sunscreen, featuring a circular body, two dots for eyes, and a curved line for a mouth. Below the smiley face, the words "SPF 50" are written in large, bold letters using sunscreen. The child's right arm is extended to the side, and their left hand is resting on the towel near their head. The scene is brightly lit, suggesting a sunny day.


**Use sun
cream
with a
high SPF**

Drink lots of water



Stay in the shade



A photograph of two young boys sitting on the grass under the shade of a large tree. The boy on the left is wearing a green t-shirt and dark shorts, holding a black and white soccer ball. The boy on the right is wearing a blue polo shirt and dark shorts. Both are wearing colorful sneakers. The background shows a grassy area and a paved path.

Play in
the shade



**Stay cool in
the sun**



Limit time spent in the sun



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Kind regards, Seomra Ranga

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