



Protecting your head.

Always wear a hat when playing in the sun. If you can, find one that shades your face, neck and ears.

Use high factor sunscreen to protect your skin. Don't forget to top it up every couple of hours.



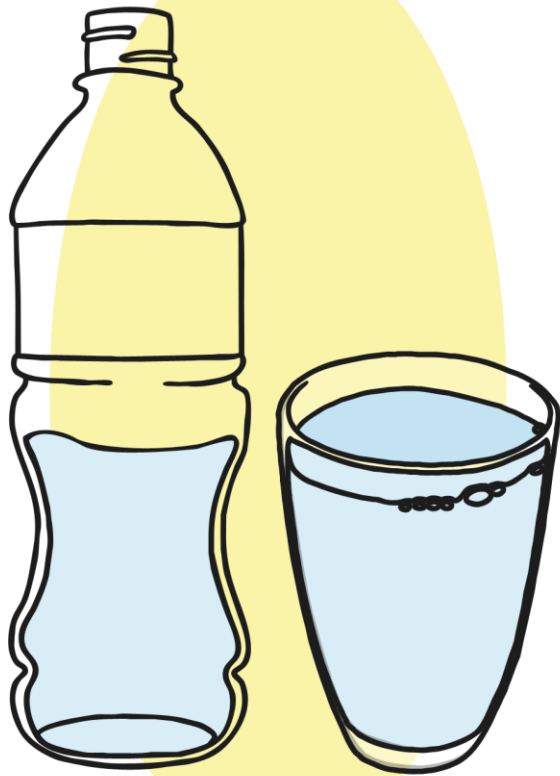
☀️ Sun Safety ☀️

Do you know how to Stay Safe in the Sun?



Ways to protect your skin.

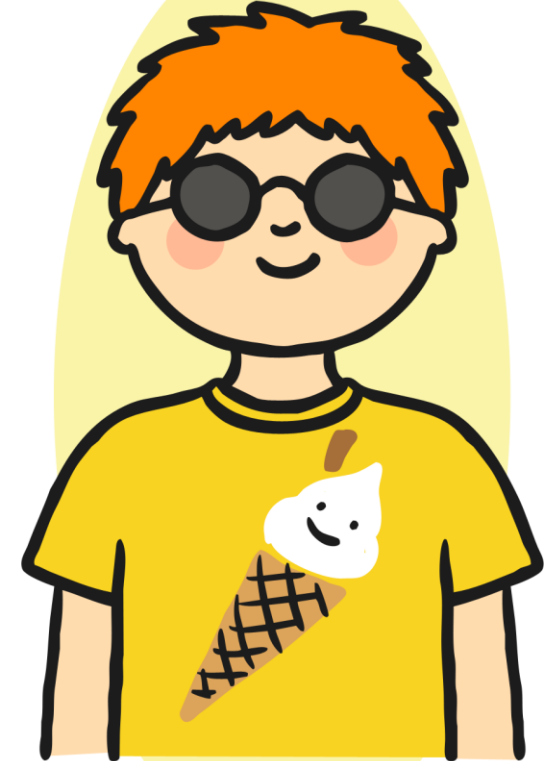
Cover up with a T-shirt.



Drink lots!

It's easy to dehydrate, especially if you're running around.

Try to play in the shade. Especially between 11am and 3pm when the sun is at its strongest.



Looking After Your eyes.

Wear sunglasses to protect your