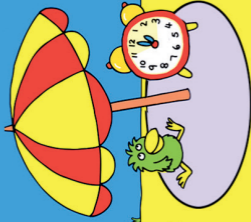


stepping out



shade between
11 and 3



hat



t-shirt



sunglasses



sunscreen
lotion



water





- * Wear T-shirts and loose light weight clothing
- * Hats with broad brims or legionnaire flaps are best
- * Play in the shade between 11am and 3pm
- * Apply a high protection sunscreen to exposed skin, SPF 15 or higher and star rating 4 or more

MOST OF ALL AVOID SUNBURN



Always use the other protective measures first and then use sunscreen. Do not use sunscreen to extend the amount of time you spend in the sun.



Public Health Agency



Cancer Focus
NORTHERN IRELAND

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