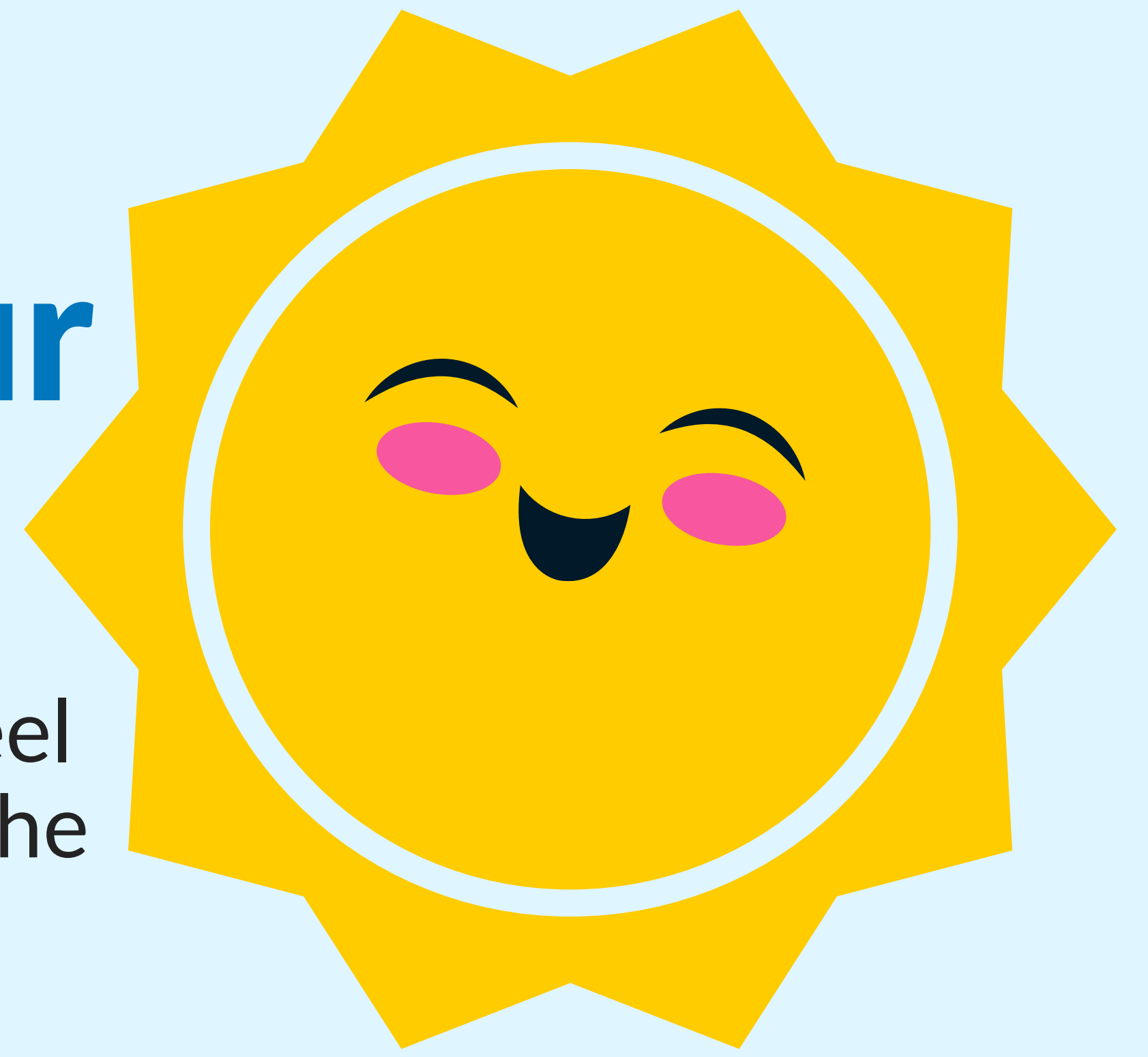


Do the sun safety steps to protect your skin from the sun

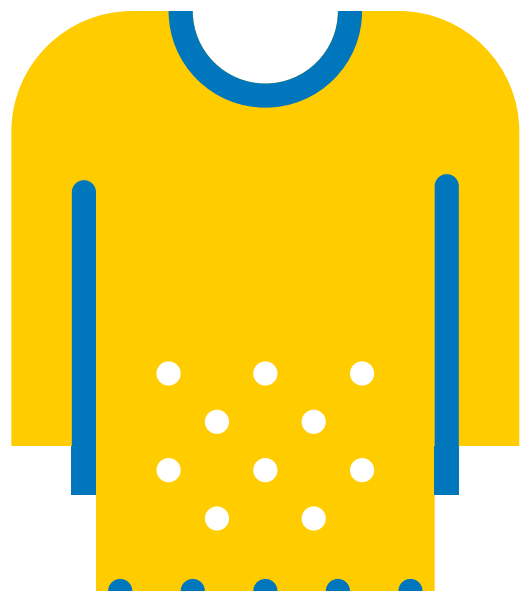


A sunburn can hurt your skin and doesn't feel so good. That's why you should always do the **sun safety steps** before you go outside.



Slip on a shirt

Dark, long-sleeve shirts and long pants cover your skin and block some of the sun's rays.



Slop on sunscreen

Put sunscreen on the skin that your clothes don't cover.



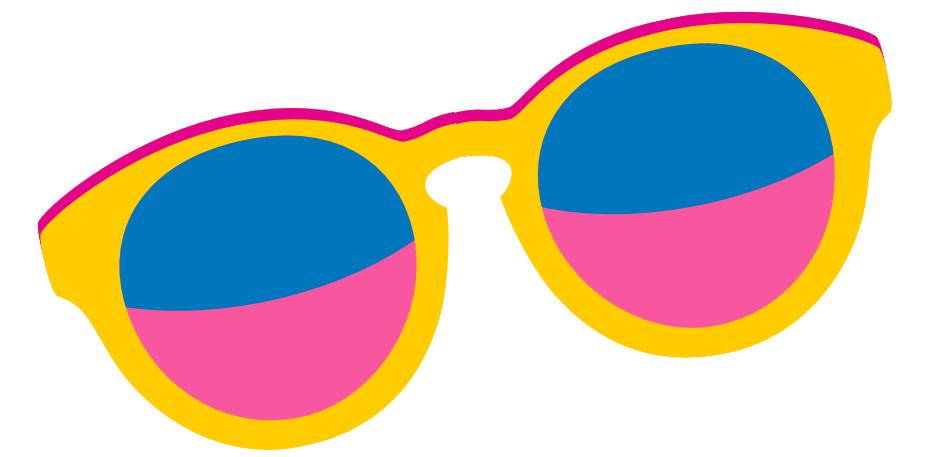
Slap on a hat

A broad-rimmed hat will protect your face from the sun.



Slide on sunglasses

Sunglasses will protect your eyes.



Slip, slop, slap and slide!
Now we're ready to go outside!

Sunscreen facts



Wear sunscreen every day, even when it's cloudy and in the winter – the sun's rays still reach the earth.



Sunscreen should be SPF 30 and broad spectrum.



Everyone should follow the sun safety steps, even if you have darker skin and don't get sunburned easily.

Do you know the shadow rule?

If your shadow's shorter than you are, the sun's really strong and you should go play in the shade.

