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# SUN safety



## Cover up

Wear light weight and light coloured clothing that covers your skin.



## Apply sunscreen

SPF 30 or higher, 20 minutes before sun exposure. Reapply every 2 hours.



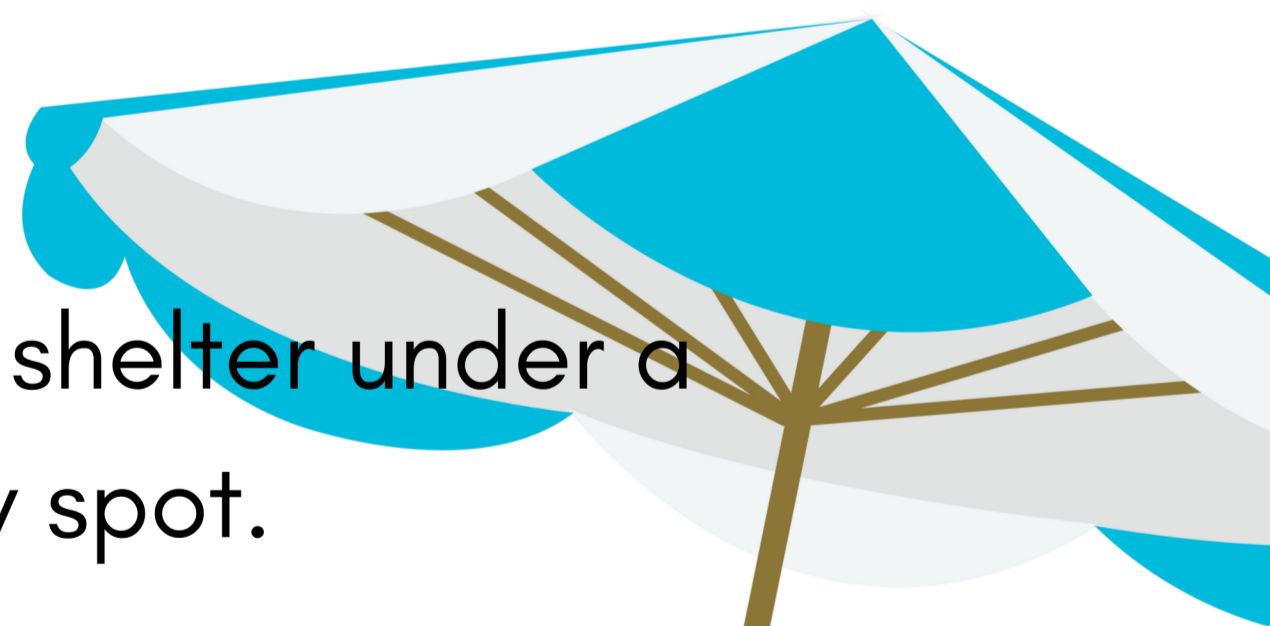
## Wear a hat & sunglasses

Broad-brimmed hats provide better protection.



## Seek shade

Reduce UV radiation by taking shelter under a tree, umbrella or another shady spot.



## Keep hydrated

Increase your water intake and always keep a reusable bottle of water with you to rehydrate.

