



Sun safety

Now the weather is warming up, please remember to be sun safe!

Always remember:

1. **SLOP** on at least factor 30 sun cream over any part of the body not covered by clothing...*don't forget the tops of your ears!*



2. **SLIP** on a T-Shirt to cover your shoulders



3. **SLAP** on a sun hat



4. **WRAP** on sun glasses to protect your eyes



And as always drink plenty!!

Let's stay safe and enjoy the sunshine