

Easy read guide to being safe in the sun



Your skin can burn easily in the summer.
Always use a high factor sun screen on your skin.



Remember to cover your ears or put sun cream on them as they can easily burn in the sun.



Remember to wear sun glasses with UV protection. UV means Ultra Violet. It is the type of light the sun shines, which can be harmful to our skin.



Drink plenty of water in the summer to help keep hydrated. This will prevent sunstroke and head aches.



Remember to wear a sun hat to protect your head from the sun this will prevent head aches and sun stroke.



Before you go out in the sunshine remember.....

Sun cream

Have you put sun cream on that has a high sun screen factor?

Hydration

Have you had plenty of water to drink? Take a drink out with you when you go out in the sun.

Information.

If you have any questions about going out in the sun ask your family or carer they may be able to help.

Nutrition.

Make sure you eat healthily and regularly to avoid headaches and sun stroke.

Eyes.

Look after your eyes in the sunshine. Wear sunglasses and never look directly at the sun.

