



It's great to see the good weather in summer but it is important to take care in the sun to reduce the risk of harm to skin.



GETTING READY TO LEARN



The PHA poster highlights how you can help yourself and others to take care in the sun.

You can find out more information about keeping safe in the sun at Careinthesun.org.



You can find the poster on the **Public Health Agency** website



Happy Healthy Kids



DON'T FORGET...



**Use sunscreen
and wear
sunglasses**



**Stay in the
shade,
especially
between 11am &
3pm**



**Wear a sun hat
& cover up.**

