

# Sun Safety Code

Spending too much time in the sun can be harmful.

We should all follow a special code which reminds us how to enjoy the sun whilst staying safe.

There are five parts to remember...

**S**pend time in the shade between 11am and 3pm.

**M**ake sure you never burn.

**A**im to cover up with a hat, t-shirt and sunglasses.

**R**emember children need to take extra care.

**T**hen use sunscreen of a minimum of SPF 30.

**Be  
SMART!**

