

FILL IN THE BLANKS

message	sunglasses	protect	umbrella
sunscreen	skin	shade	sunburn
exposure	radiation	blister	shelter

A good way to protect yourself from _____ is to apply _____ at least 20 minutes before _____ to solar _____. Other excellent ideas are to sit in the _____ or under an _____ of any kind which helps to _____ your _____.

Your eyes require protection as well and wrap around _____ are ideal for this.

Help to share the sun safe _____ when ever you can.

ODD SPOTS

Did you know ?

- Sunscreen should be applied 20 minutes before going into the sun.
- You need 35ml or 7 teaspoons of sunscreen to cover your whole body - that's one teaspoon per limb, one for your back, one for your front and one for your head,neck and face.
- Sunscreen has an expiry date - if used after the expiry date, your skin will not be protected.
- Sunscreen should be reapplied every 2 hours , more often if swimming or sweating

