

# **Sun safety and dealing with sun burn checklist:**

How to stay safe in the sun

- ✓ **Spend time in the shade especially when the sun is at its strongest - this is particularly important for children**
- ✓ **Keep babies under six months out of direct strong sunlight at all times**
- ✓ **Keep covered up with a wide-brimmed hat and loose-fitted clothing**
- ✓ **Wear sunglasses that have 100% UV protection**
- ✓ **Use sunscreen with at least a SPF of 30 and four-star UVA protection**
- ✓ **Apply sunscreen before you go out and reapply frequently while you're in the sun**
- ✓ **Drink lots of water**