

# BE SUN SAFE

## JUNE Sun Safety Tips For Your Child



Protect your child from the sun this summer and avoid painful sunburns.

- Limit the amount of time spent out in the sun between 10am and 4pm.
- Before your child goes out in the sun,  
*Slip* on a shirt  
*Slap* on a hat  
*Slop* on sunscreen, SPF 30 or higher
- Seek shade - umbrella or trees!

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