

# Safety in the Sun



# The Sun's Rays

We need the sun to live.

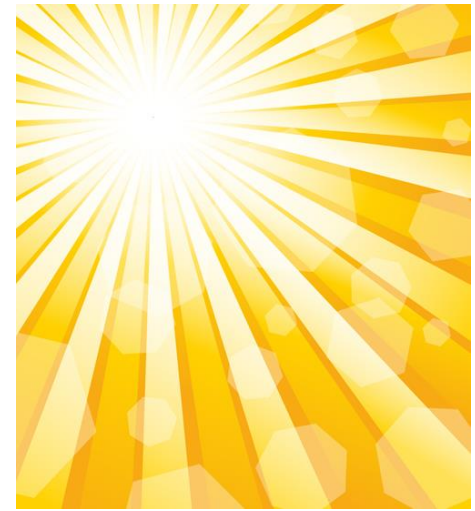
It keeps us warm.

It makes flowers and plants grow.

It even gives us vitamin D so we can better absorb calcium into our bodies for strong bones.

It does all these things by sending down light, which includes invisible ultraviolet rays, called UV rays.

When your skin's been exposed to too many of these rays, you get what's known as a sunburn.



At Bitterne CE Primary we need to be a





## Wrap!

Make sure you are wrapped up in a T-shirt, and wear shorts and sunglasses.

T-shirt



Sunglasses

# Sun cream



## Splat!

Splat on sun cream to all parts of the body and face before going outside and remember to reapply frequently and generously.



# Hat



## Hat!

Wear a wide brimmed hat that keeps your face and neck shaded.



# Stay in the Shade



# Drink water





