

Sunscreen

We all enjoy the summer sunshine however we need to be aware that the sun's rays can hurt us



The sun's rays can hurt our skin by making it dry, wrinkle or burn.

The rate at which the sun burns our skin depends on our own skin type. Your skin can burn very quickly.



When you are in the sun you should always wear a hat and sunglasses and ensure that you have put on some sunscreen

Your skin protects your body. You need to protect it.