

# worksheet 7

SunSmart

CANCER RESEARCH UK



## The SunSmart code



Spend time in the shade between 11 and 3



Make sure you never burn



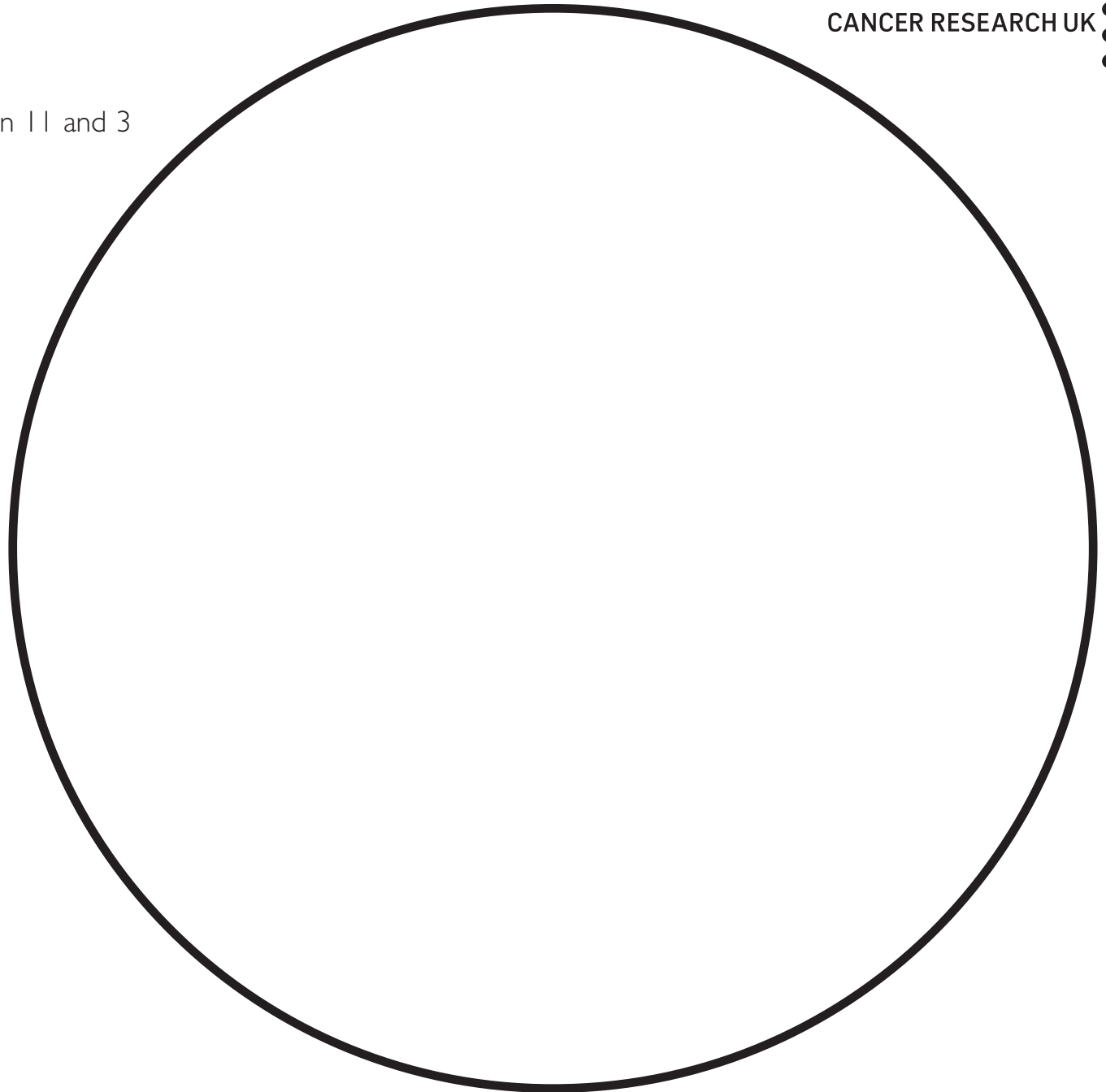
Aim to cover up with a t-shirt, hat and sunglasses



Remember to take extra care with children



Then use factor 15+ sunscreen



This is the SunSmart code. The messages are to help protect you from the sun.

**In the circle, draw a picture of yourself following the SunSmart code.**