

# How to be Sun Safe with Shade Man



Sunscreen must be applied before you go outside in the sun for it to work



Wear sunglasses and don't look directly at the sun



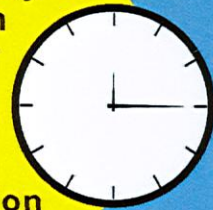
To keep protected you should use all forms of cover including hats, sunglasses, clothing, sunscreen and shade



Wear a hat such as a sun cap like mine to keep your head cool and protected



Don't stay in the sun any longer than 15 minutes without protection



Keep hydrated, especially on very warm days



Always play in the shade



Reapply sunscreen regularly even when using 'once a day' and 'water resistant' sunscreens

