

POOL COOL RULES FOR SUN SAFETY



LESSON #1: INTRODUCING POOL COOL RULES FOR SUN SAFETY



THE SUN IS HOT
AND POWERFUL
PROTECT YOURSELF



LESSON #2: WATER, WATER EVERYWHERE



WHEN IN THE WATER IT'S EXTRA-
IMPORTANT TO BE SUN SAFE
PUT ON SUNSCREEN
BEFORE YOU GET DRESSED
EVERY DAY



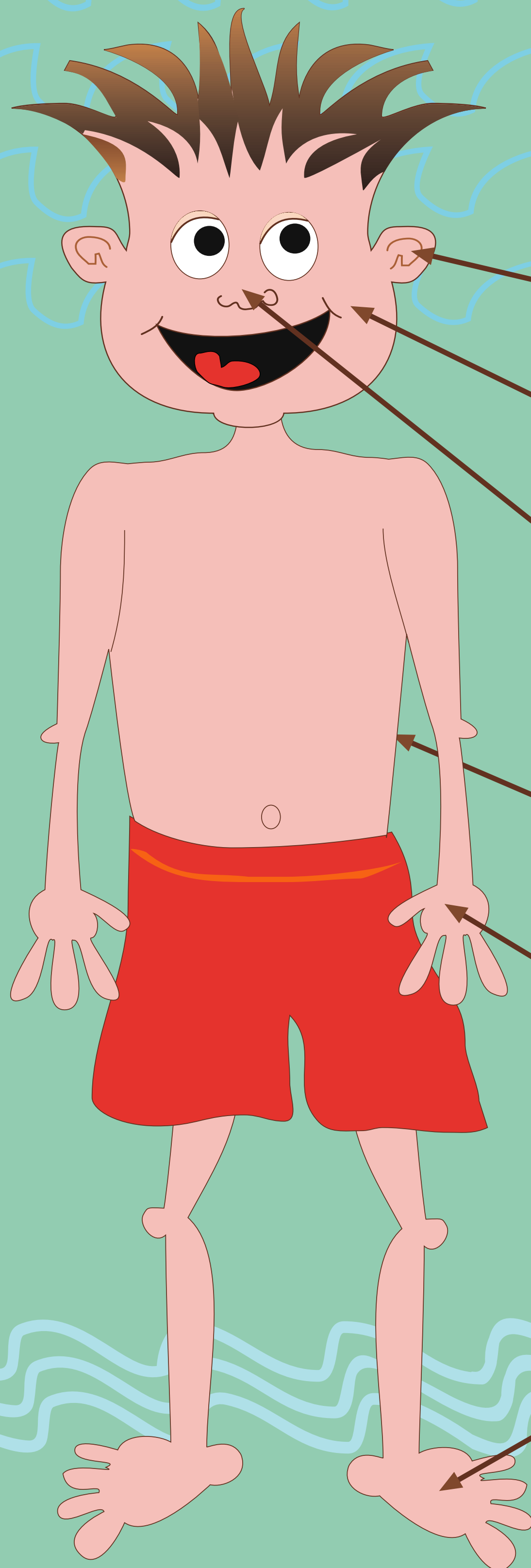
LESSON #3: THE INS AND OUTS OF SUNSCREEN - PART 1



**PROTECT YOUR SKIN
WITH SUNSCREEN
THAT HAS A
SPF #15 OR
HIGHER**



WHEN APPLYING SUNSCREEN, APPLY IT ALL OVER AND REMEMBER YOUR



EARS

FACE

NOSE

BACK

HANDS

**& TOPS
OF FEET**



LESSON #5: PROTECTIVE CLOTHING



**COVER UP!
USE T-SHIRT, LONG
SHORTS & A WIDE
BRIM HAT!**



LESSON #6: HATS AND SUNGLASSES



BE SAFE FROM THE SUN'S
HARMFUL RAYS. USE A HAT
AND SHADES EVERYDAY
WHEN OUTSIDE.
(EXCEPT IN THE POOL!)



LESSON #7: SHADY DEALS



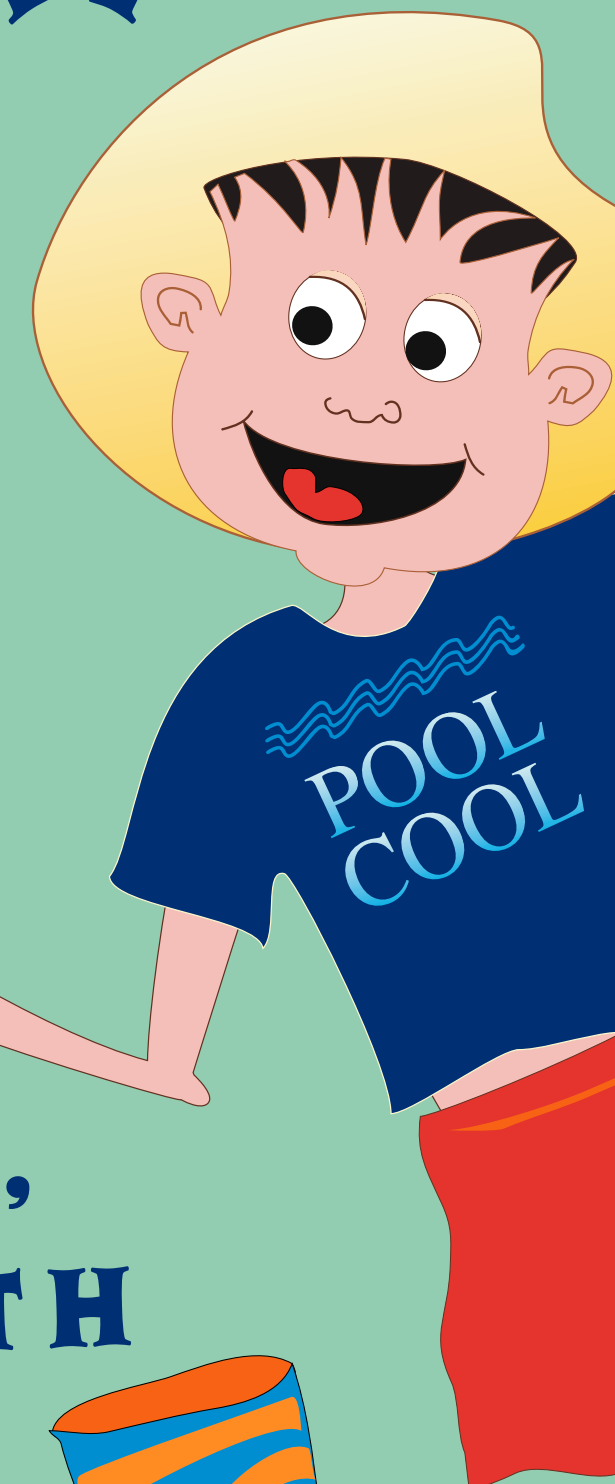
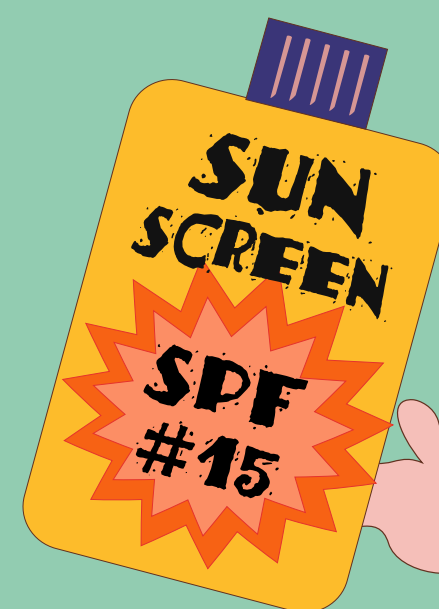
**SEEK SHADE
AND DON'T STAY OUT IN
THE SUN TOO LONG BETWEEN
10 AND 4 O'CLOCK**



BE COOL

REMEMBER THE
RULES AND STAY
SUN SAFE ALL
YEAR ROUND

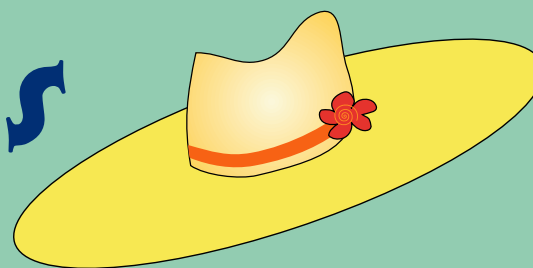
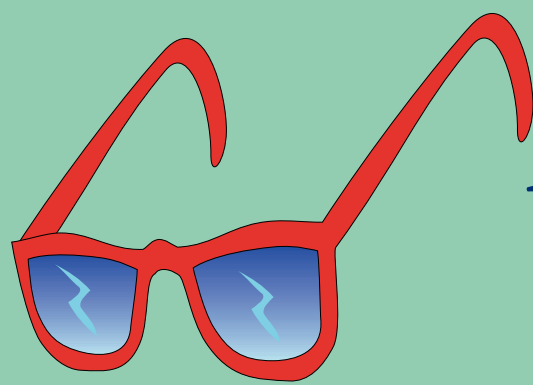
A. PROTECT YOUR SKIN.
USE SUNSCREEN.



B. COVER UP! AFTER SWIMMING,
COVER YOUR SHOULDERS WITH
A SHIRT AND YOUR
LEGS WITH LONG SHORTS.



C. WHEN YOU ARE OUT IN THE SUN,
PROTECT YOUR FACE AND EYES.
WEAR SHADES AND A HAT.



D. SEEK
CLOCK.
THE SUN



SHADE AND WATCH THE
LIMIT YOUR TIME IN
BETWEEN 10 AND
4 O'CLOCK.

