

# 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



# Sun Facts



The sun is strongest between 11 am and 3pm and you should therefore spend more time in the shade between these times.



The sun is also good for us, it is our main source of vitamin D which helps us absorb Calcium which keeps our bones healthy.



The sun is huge, you can fit over one million Earths inside of it.

The sun's UV rays are strongest when your shadow is shorter than you. That's when you need the most protection from the sun otherwise, you're more likely to get sunburn.



The sun is 4.5 billion years old.

*4.5  
Billion Years!*



It takes around 8 minutes for the light from the sun to reach the Earth.



In bright weather it is dangerous to look directly at the sun and you should therefore wear sunglasses with a high protection factor.



All living things on Earth including humans are dependent on the sun to stay alive.