



Stay safe in the sun

By following a few simple safety tips, we can all enjoy the warmer weather and avoid the risks of sunburn, sunstroke and skin cancer.

- Stay out of the heat between 11am and 3pm when the sun is at its hottest
- Wear light, loose-fitting clothing and a hat/scarf
- Apply sunscreen regularly - minimum factor 15. Apply 30 minutes before you go out in the sun
- Drink plenty of cold drinks, avoiding alcohol, caffeine and sugary drinks

For more information go to www.nhs.uk/summerhealth, telephone NHS 111 or visit your local chemist.

Safe In The Sun

JE Gale



Safe In The Sun:

Safe In The Sun Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the energy of words has become much more evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **Safe In The Sun**, a literary masterpiece that delves deep to the significance of words and their effect on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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