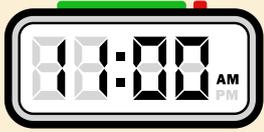
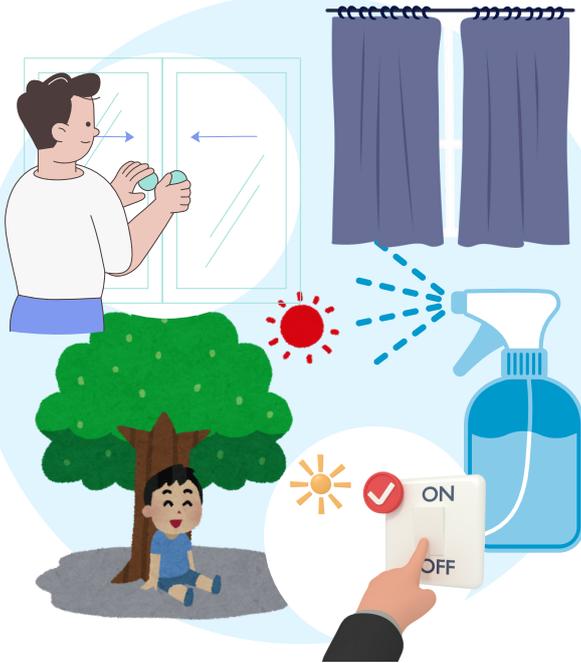


How to stay well this summer

Stay in the shade & take it easy from eleven until three!



stay cool



use sun protection
In the sun for more than 10 minutes?

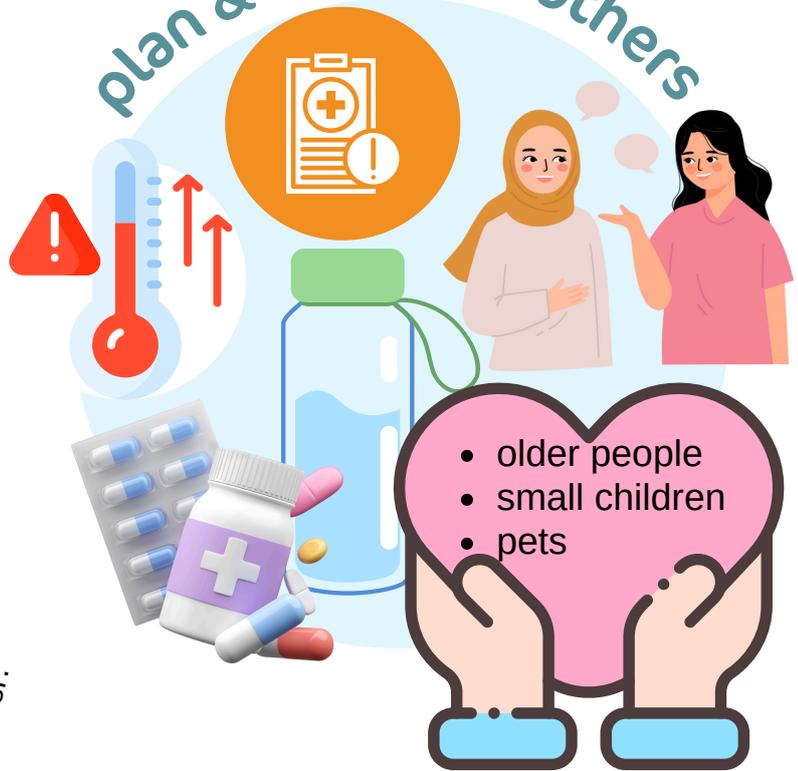


Cover up to protect from UV that can cause ageing and cancer.

stay hydrated



plan & check on others



- older people
- small children
- pets

Did you know?

It only takes 10 mins in the sun to make the vitamin D you need. After that, protect your skin from UV. There are mineral alternatives to chemical sunscreens that protect you, your health and the environment.



For more tips and links to information follow:
tinyurl.com/SummerWellIP

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