

|                        |                |                        |                            |                       |
|------------------------|----------------|------------------------|----------------------------|-----------------------|
| <b>B</b>               | <b>I</b>       | <b>N</b>               | <b>G</b>                   | <b>O</b>              |
| Umbrella               | Beach towels   | No                     | Sunbaking                  | SPF50                 |
| Keep you cool and safe | Tanning lotion | Skin                   | Between 10AM and 4PM       | Sun protection factor |
| Sunscreen              | Water          | <b>FREE</b>            | Go swimming                | Reapply sunscreen     |
| Red coloured skin      | Sunglasses     | SPF 30 or higher       | Protects skin from sunburn | Shade                 |
| No sunscreen           | Hat            | Stay cool and hydrated | Yes                        | Maybe                 |

|                                  |                              |             |                              |                             |
|----------------------------------|------------------------------|-------------|------------------------------|-----------------------------|
| <b>B</b>                         | <b>I</b>                     | <b>N</b>    | <b>G</b>                     | <b>O</b>                    |
| Water                            | Between<br>10AM<br>and 4PM   | Sunbaking   | Keep<br>you cool<br>and safe | Skin                        |
| No                               | Yes                          | SPF50       | Hat                          | Sun<br>protection<br>factor |
| Red<br>coloured<br>skin          | Go<br>swimming               | <b>FREE</b> | Reapply<br>sunscreen         | Beach<br>towels             |
| Protects<br>skin from<br>sunburn | Stay<br>cool and<br>hydrated | Umbrella    | Maybe                        | Sunglasses                  |
| SPF 30<br>or<br>higher           | Shade                        | Sunscreen   | Tanning<br>lotion            | No<br>sunscreen             |

|                   |                        |                      |                        |                            |
|-------------------|------------------------|----------------------|------------------------|----------------------------|
| <b>B</b>          | <b>I</b>               | <b>N</b>             | <b>G</b>               | <b>O</b>                   |
| Hat               | Stay cool and hydrated | Between 10AM and 4PM | Shade                  | Go swimming                |
| Umbrella          | Red coloured skin      | SPF 30 or higher     | Tanning lotion         | SPF50                      |
| Sunscreen         | Maybe                  | <b>FREE</b>          | Sunglasses             | Protects skin from sunburn |
| Water             | Sun protection factor  | Sunbaking            | Yes                    | No                         |
| Reapply sunscreen | Beach towels           | Skin                 | Keep you cool and safe | No sunscreen               |