The sun may look nice but it can do a lot of harm to our skin:

- Sunstroke
- Skin cancer
- Wrinkles and dark spots
Stay away from the sun

- Avoid the sun between 11am and 3pm
- Use sunscreen SPF 50 (remember that this will give protection for only two hours so you need to reapply after this time)
- Wear a hat, T-shirt and sunglasses