Find a bag at home to use for your SunSmart kit



Add to the bag



Clothing that covers your skin to Slip on



A wide brimmed hat to slap on



Sunglasses to **Slide** on



Sunscreen of at least 50SPF to SIOP on

Keep your Healthy Ireland SunSmart kit near the door so you can grab it before you go out into the sun! And remember, seek shade to play in!