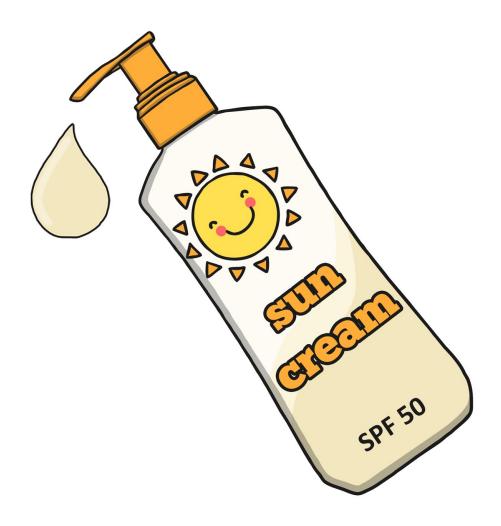


Put sun cream on.





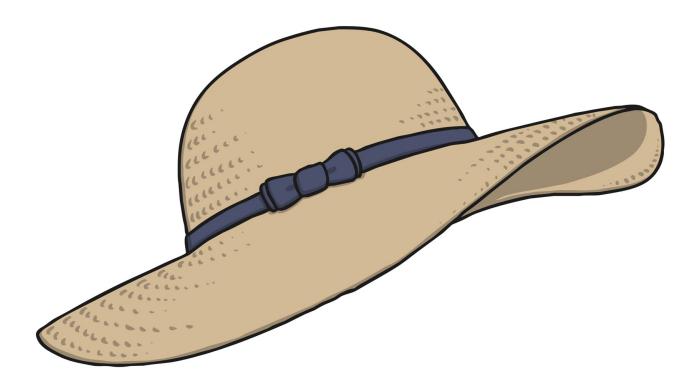
sun cream





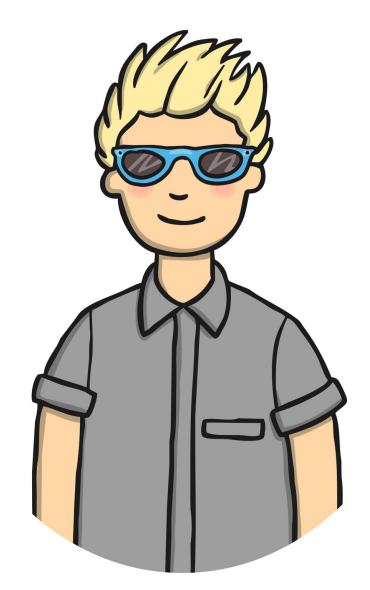
Wear a sun hat.





sun hat





Wear sunglasses.





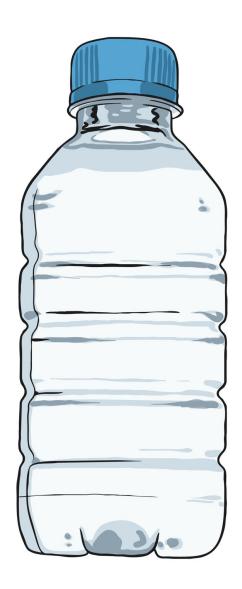
sunglasses





Drink lots of water.





water





Keep in the shade.





shade





Wear a t-shirt.





t-shirt

