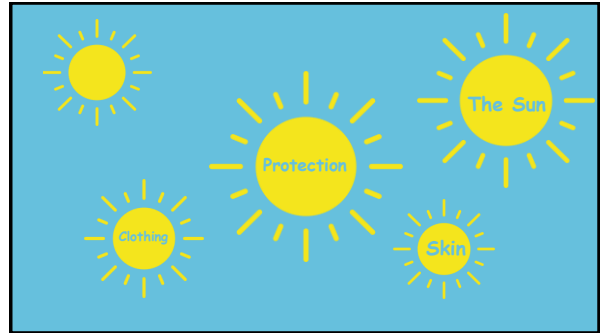




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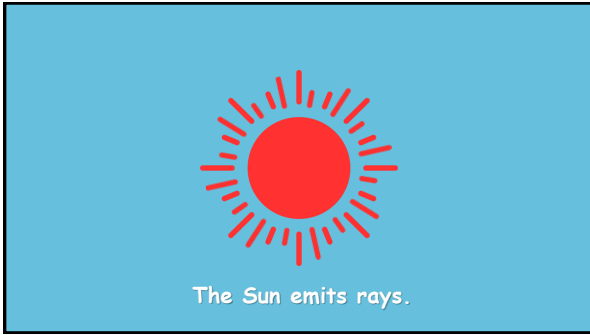
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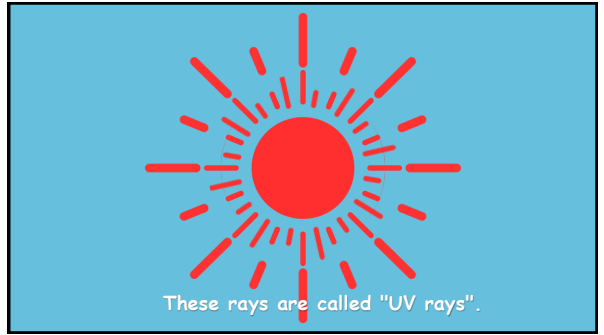
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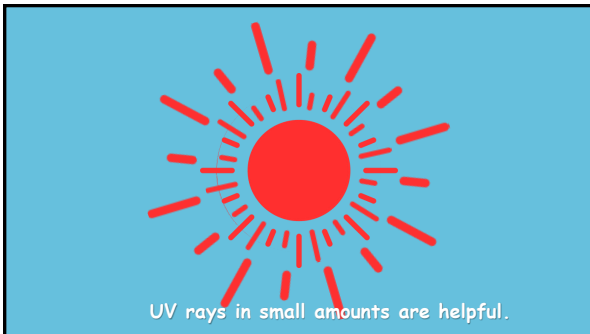
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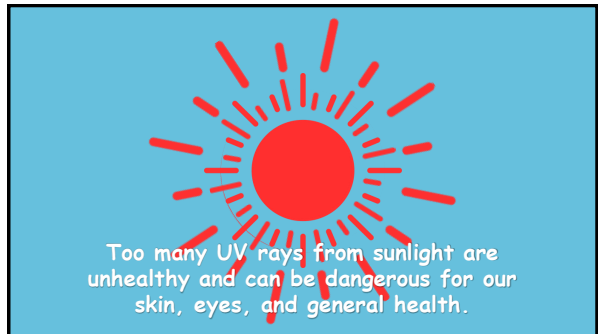
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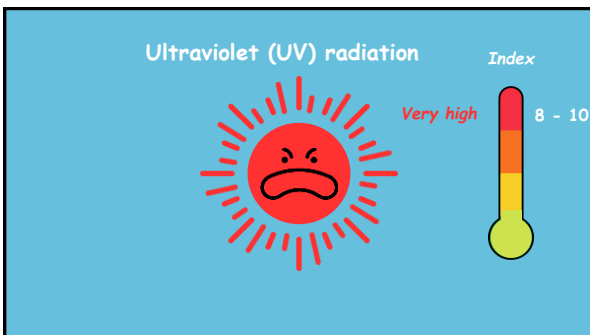
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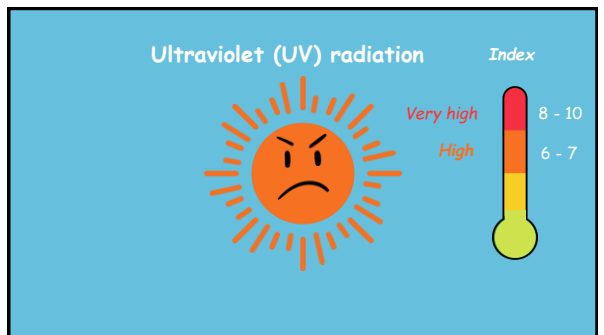
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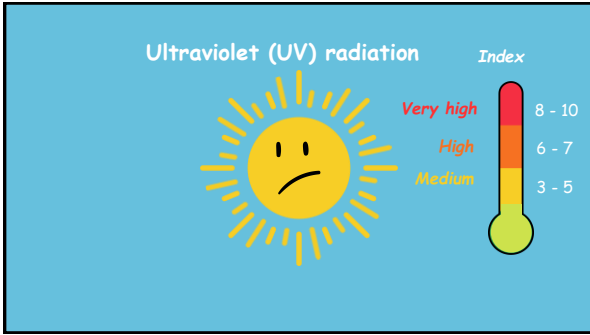
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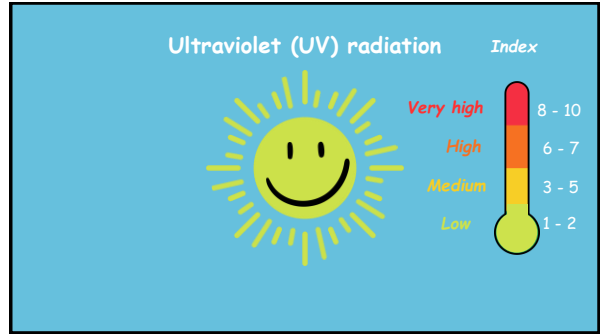
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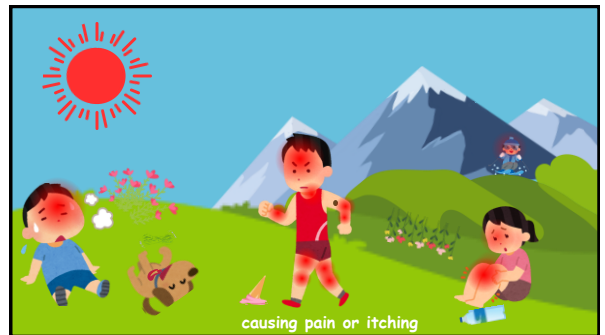
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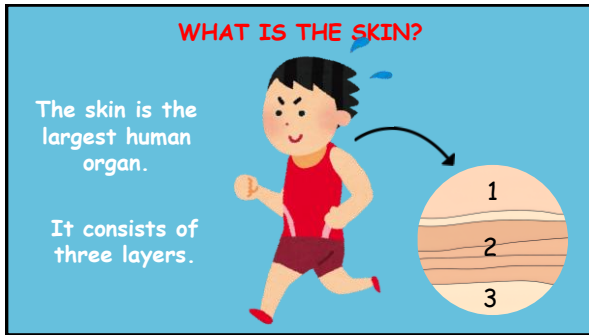
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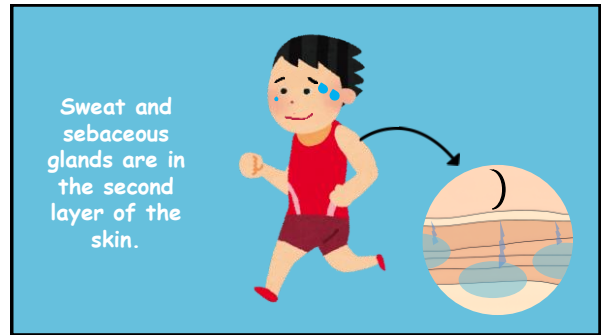
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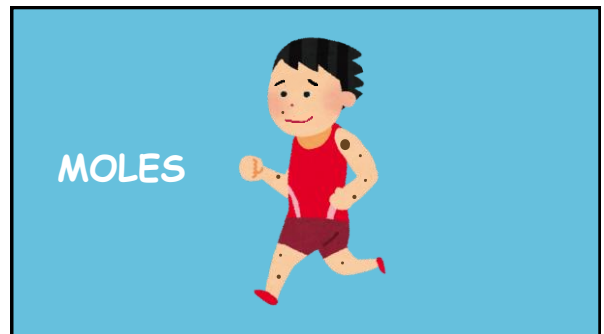
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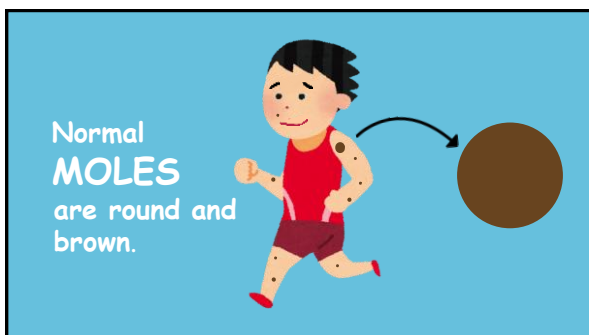
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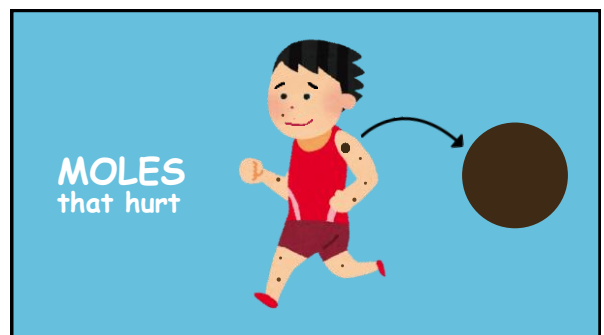
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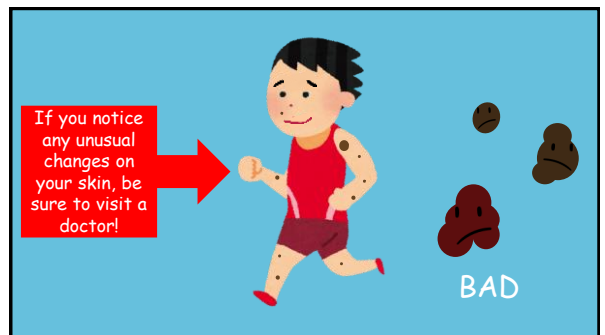
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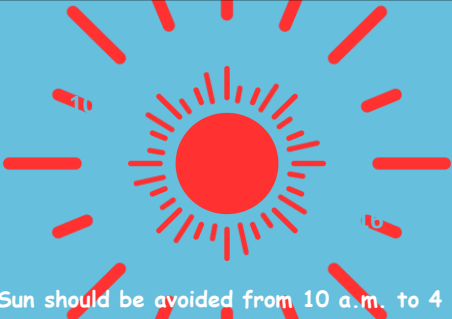
IMPORTANT!
Check your skin regularly!

An illustration showing two human figures standing in front of a full-length mirror. One figure is pointing at their back, and the other is pointing at their arm. There are small yellow circles on the floor near the mirrors.

31

How do we protect our skin from the Sun?

32

A large, bright red sun with many short red lines radiating outwards, set against a light blue background.


The Sun should be avoided from 10 a.m. to 4 p.m

33

An illustration of various items: a white long-sleeved shirt, a pair of yellow pants, a tube of sunscreen labeled 'SPF', a white button-down shirt, a red baseball cap, and a pair of black sunglasses.

We protect our skin from the Sun by using sunscreen and dressing appropriately.

34

An illustration of three white tubes of sunscreen, each with a yellow sun icon and the letters 'SPF' on the label.

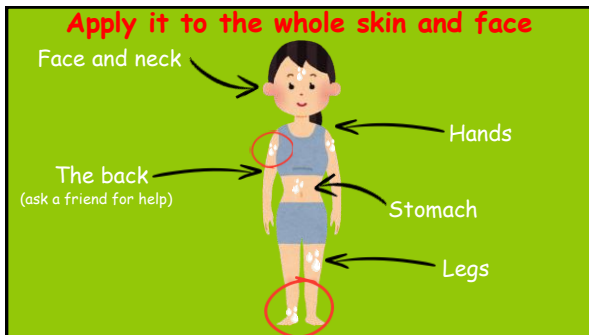
Sunscreen creams and lotions

35

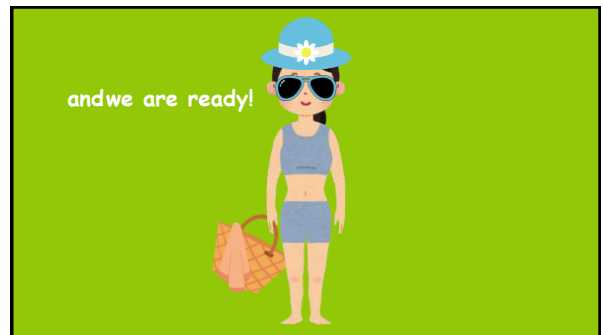
Where do we apply the cream?

An illustration of a young girl with brown hair in a ponytail, wearing a blue dress. She is applying a small amount of cream to her left arm.

36



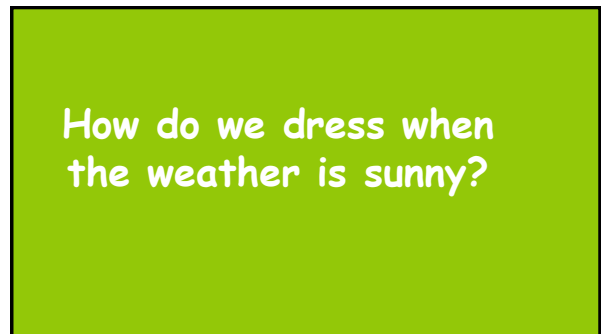
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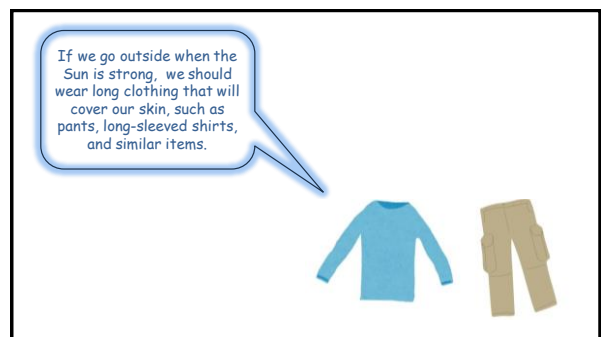
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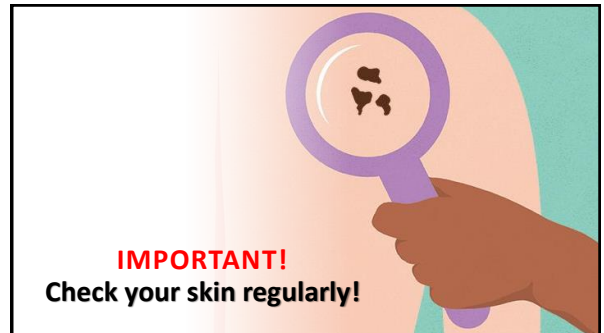
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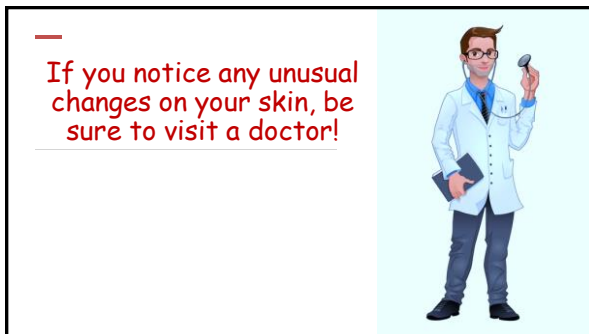
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