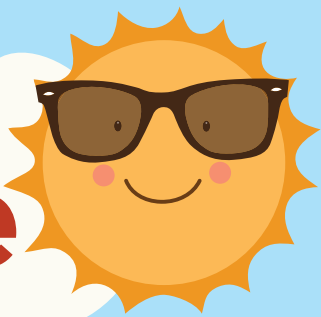


Be Sun Aware



Avoid direct sun
by seeking shade



Wear sun protective clothing,
a hat and sunglasses

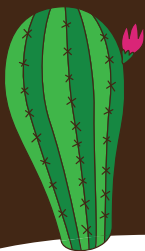


Apply sunscreen
generously and often

Routinely take breaks
and drink plenty of water



Educate yourself about
heatstroke. A high body
temperature can develop
rapidly in extremely hot
environments especially
in small children.



**Children's
Miracle Network
Hospitals**

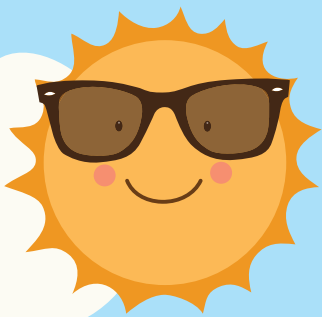
Helping Local Kids

**TMC HEALTH
FOUNDATION**

tmcaz.com/kids-safety



Protéjase Del Sol



**Busque sombra para
evitar el sol directamente**



**Use ropa que lo proteja del sol, un
sombrero y lentes oscuros**



**Aplice protector solar
generosamente y a menudo**

**Rutinariamente tome descansos
y beba bastante agua**



**Infórmese acerca de la
insolación. Una temperatura
corporal alta puede
desarrollarse rápidamente en
ambientes extremadamente
calientes, especialmente en
niños pequeños.**



**Children's
Miracle Network
Hospitals**

Helping Local Kids

**TMC HEALTH
FOUNDATION**

tmcaz.com/kids-safety

