How to apply suncream

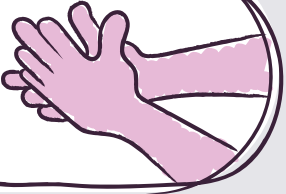## How to put on sunscreen

1. Put a little on your hand.

2. Rub your hands together.

3. Rub the sunscreen over your body

Where to apply sunscreen

Face and neck (don't forget your nose!)

Ears

Back (ask a friend for help

Chest and stomach

Arms and shoulders

Feet

Legs

HOPE is all you need

Put on sunscreen 10-15 minutes before you go out in the sun.