

Even our Aboriginal mob can get sunburn

Keeping our mob healthy

Be careful in the sun especially after a burn

Burn scars are very sensitive to the sun.
Scars can get damaged in less than 15 minutes in the sun.
You cannot see or feel this until it is too late.
Sunburn can change the colour of the scar.

**There is also a risk of skin cancer later in life.
You must be very careful in the sun for 2 years
after the burn.**



Remember to...

Wear a hat or hoodie



Wear cool sunglasses



Wear long sleeves and long pants



Sunscreen SPF30+



Find shade



If you have any worries when you go home please take your child to the doctor or come back to PCH.