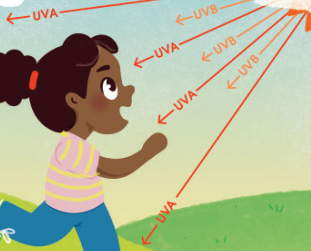


# Seren, The Sun Hero



Escentual

I love playing  
in the sunshine!



1.

A Sun Hero?  
What's that?



3.

A Sun Hero is someone  
who protects themselves  
from the sun.



4.

Stop! Be a Sun Hero!



2.



Can I be a  
Sun Hero?

5.



Sure! Sunscreen is my  
secret weapon to  
becoming a Sun Hero!

6.



But what does it do?



It gives you the power to defend yourself from UV rays!



Even when it's not sunny or you're indoors!



Wow! I want to  
be a Sun Hero!



9.



You need to be wearing your  
sunscreen as a shield every day  
to keep being a Sun Hero...

10.



It even keeps you  
protected when you're  
in the water.



12.



I need to tell all  
of my friends!





# How you can be a Sun Hero, too!

Make sure to use your **Sunscreen** every day.

1. Apply every morning - and at least **20 minutes** before going outdoors.



2. Apply a thick, even layer to your face and body - everything from your **head, shoulders, knees and toes!**

3. Reapply every **2 hours**.



4. Wear a **hat** and **sunglasses**, and sit in the **shade**.

If you need a little help knowing where to  
apply your **Sunscreen** every day, remember

**E-S-C-E-N-T-U-A-L...**

- E** - Ears
- S** - Sides of face
- C** - Cheeks and chin
- E** - Eyelids and under eyes
- N** - Neck and nose
- T** - Top of the head and forehead
- U** - under your clothes  
(If you're going to the beach!)
- A** - Arms and hands
- L** - Legs and Little toes

SCAN ME



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