

# I choose to protect myself in the sun

I choose to change!

Here are things I can choose to do:

- Stand in the shade when I can.
- Wear clothes that cover my skin when I am in the sun a long time.
- Wear a hat.
- Wear shades.
- I will use sunscreen with SPF 15 or higher.
- Take a vitamin D pill every day.



Special Olympics  
**Health Promotion**



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