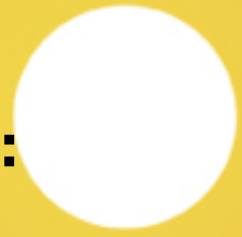


# Summer advice :

## Sun



Be careful with sun and in particular with ultraviolets.  
We give you 10 pieces of advice to enjoy your holidays without any sun burn.

- Stay as much as possible under your umbrella when you're on the beach
- Be very careful with children and cover them in particular if they have a white skin
- Do not lie in the sun if you're wearing your perfume or if you're taking medicines
- Do not stay lying in the sun between 11am and 5pm
- Ultraviolets can go through the clouds; wind gives a feeling of coolness but do not stop them either
- Have your children wearing clothes when they're staying under the sun or put them anti UVB and anti UVA waterproof products every two hours
- Use anti-oxidant creams with vitamins C, E, zinc and selenium
- Wear sunglasses
- Be careful to heat in particular with young children
- Drink water, fresh fruit juice and eat vegetables rich in vitamin C and carotenoids