

# BEWARE of the SUN

IF YOU WANT TO **AVOID** THIS...



**DON'T GET CAUGHT OUT, NEVER LET YOUR SKIN BURN!**

Not everyone's skin offers the same level of protection in the sun. If you are pale skinned and burn easily you are at greater risk and need to take extra steps to protect your skin from sunburn and sun damage.



ARMY



Army  
Health  
Promotion

FIT FOR LIFE | FIT TO FIGHT