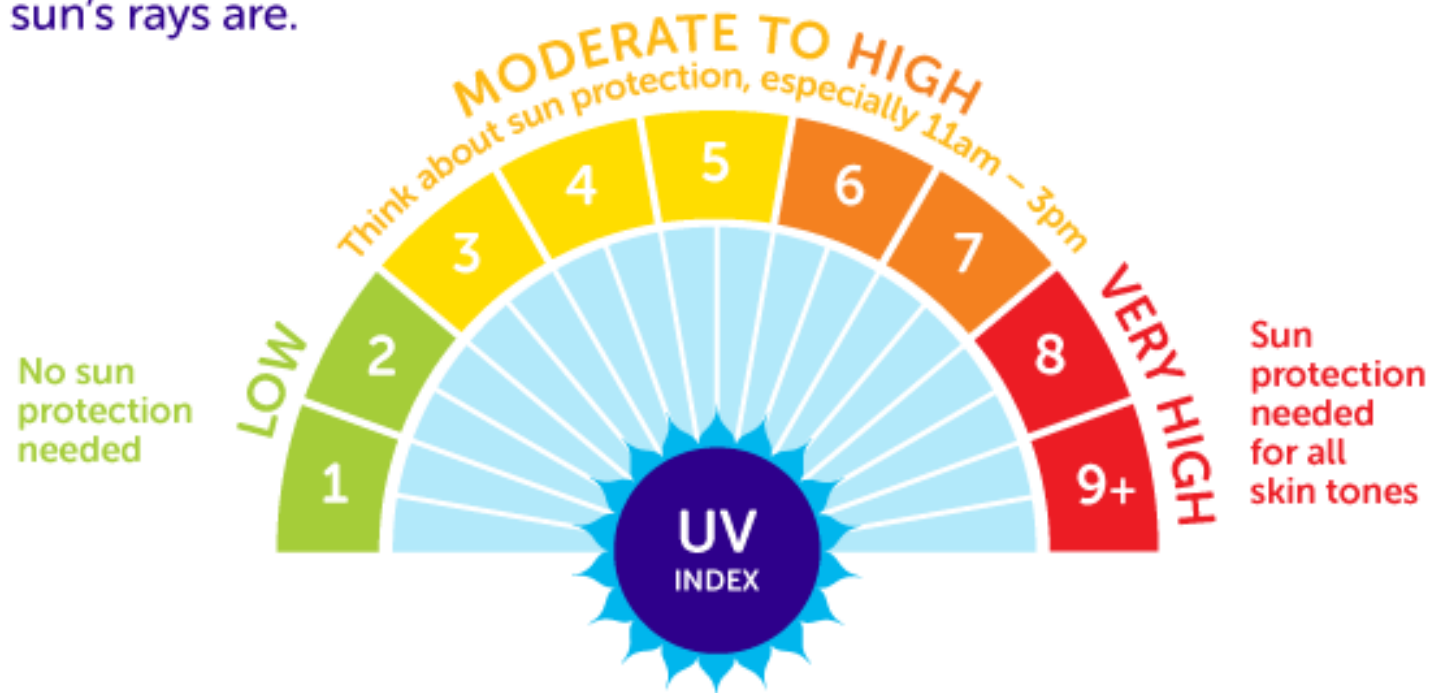


DON'T LET SUNBURN CATCH YOU OUT

Check the UV index at www.metoffice.gov.uk/uv to see how strong the sun's rays are.



If it's **3 or higher**, think about protecting your skin, especially if you get sunburnt easily.