



**June  
Is About  
Fun In The Sun!**



## How To Take Care Of Your Skin

**You NEED vitamin D from the sun  
But you DON'T need skin cancer from it**

**How do you know how much is too much?**

- First, you should never burn
- Fair skinned people can get all the vitamin D they need from 10 minutes of direct summer sunlight
- Darker skinned people may need as much as 20 or 25 minutes

