SEAFARERS HEALTH

SKIN CARE | NO. 09

HEALTH

SPF 30+

The sea reflects the sun.

Cover up.
Use sunscreen.

Hot, confused or not sweating in the heat? That is heatstroke. Cool them down and get radio medical advice.

Read the free guide

seafarershealth.org/skin-care/

Free to print and share. General information, not medical advice.