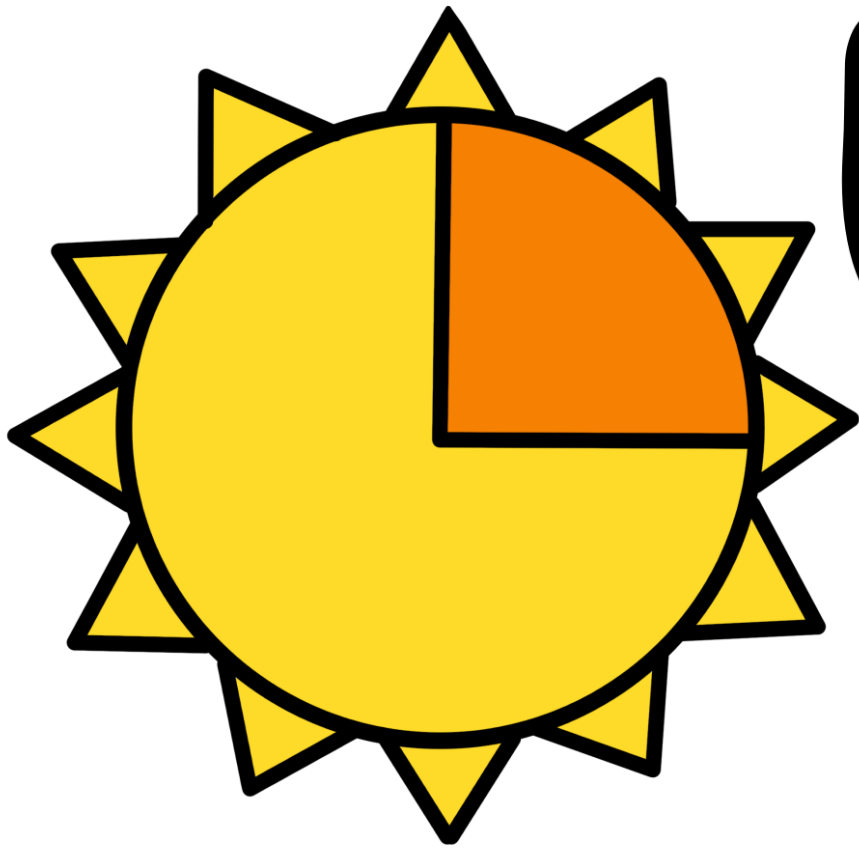


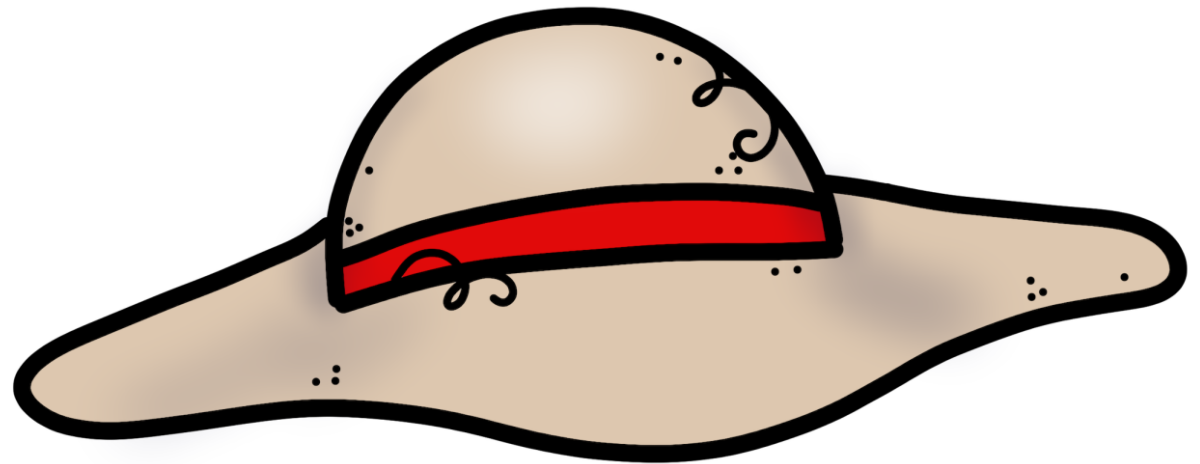


Unikaj

opalania

około południa.

Chroń głowę.

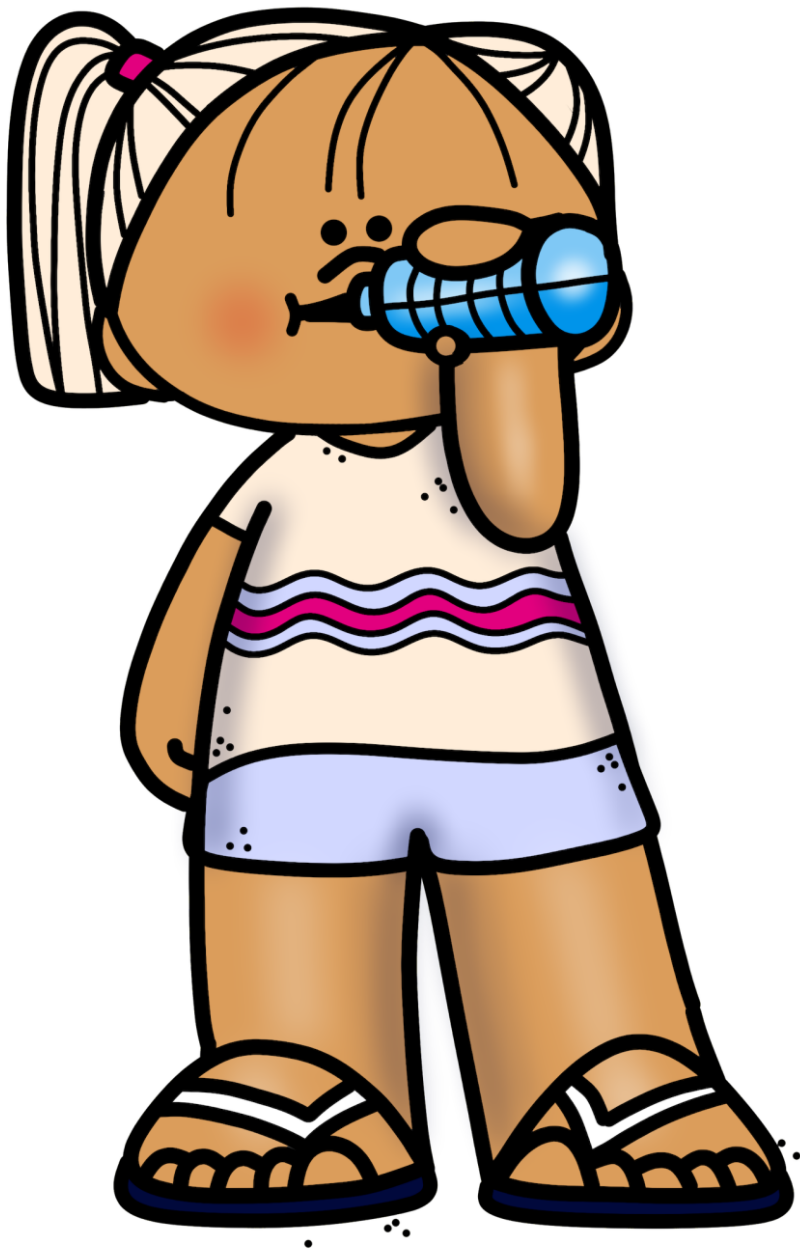


Chroń się

przed

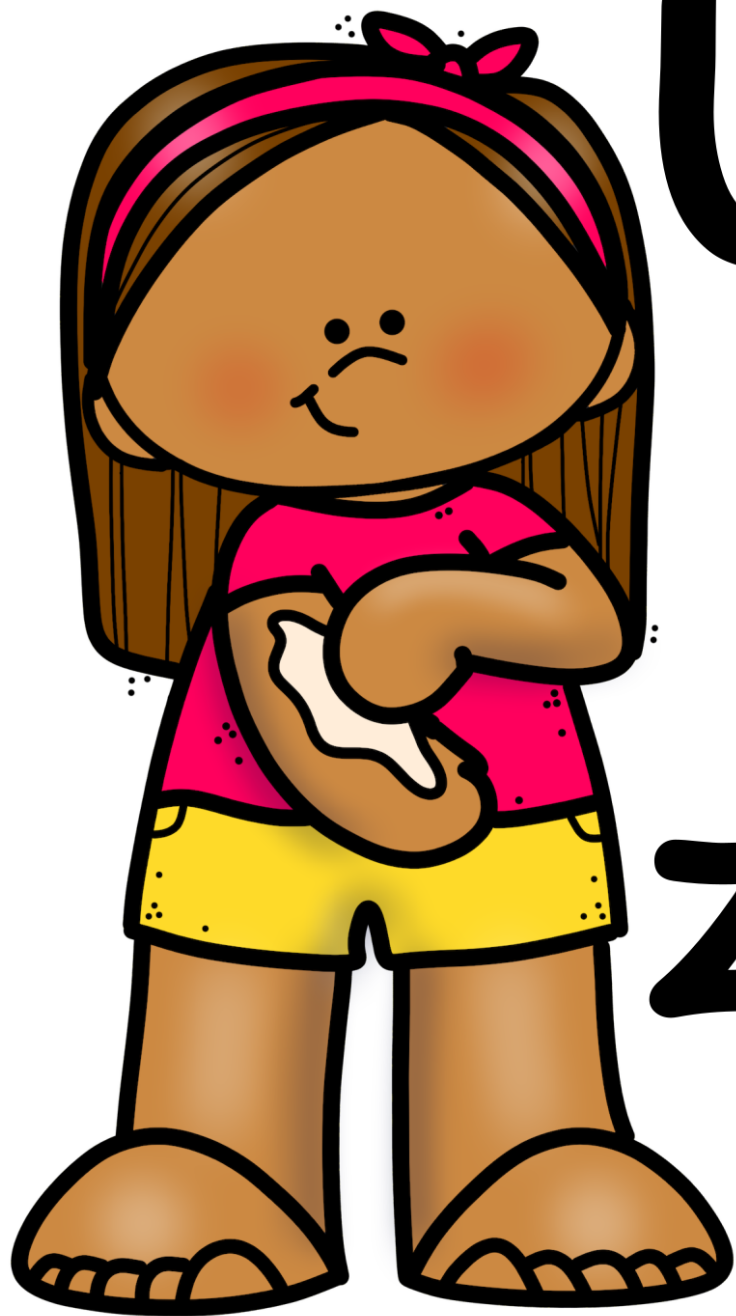
nadmiarem
słońca.



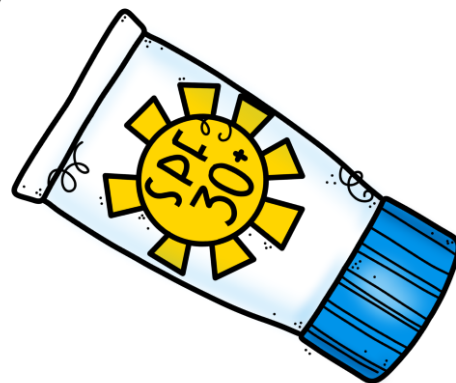


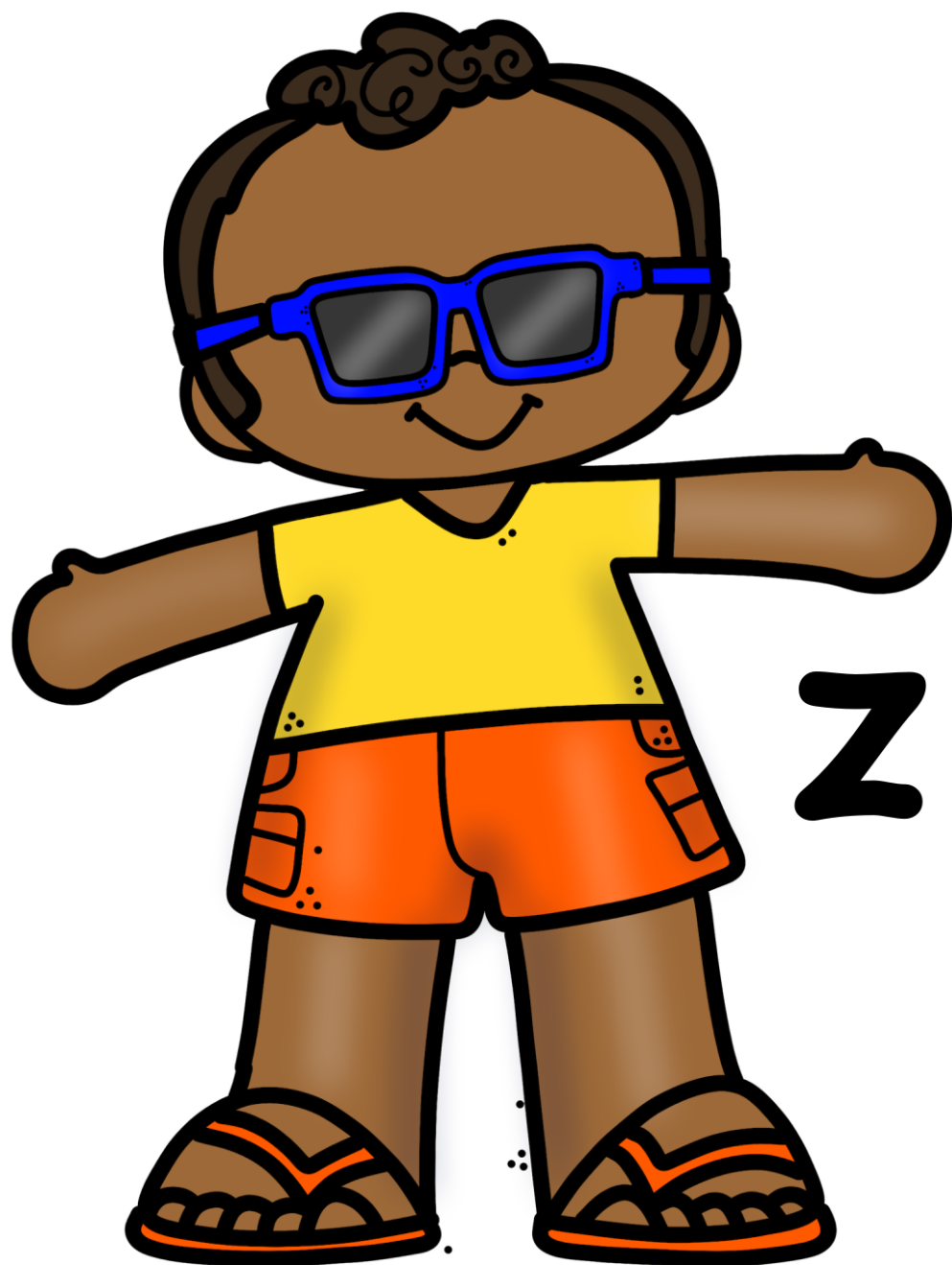
Pij
dużo
wody.





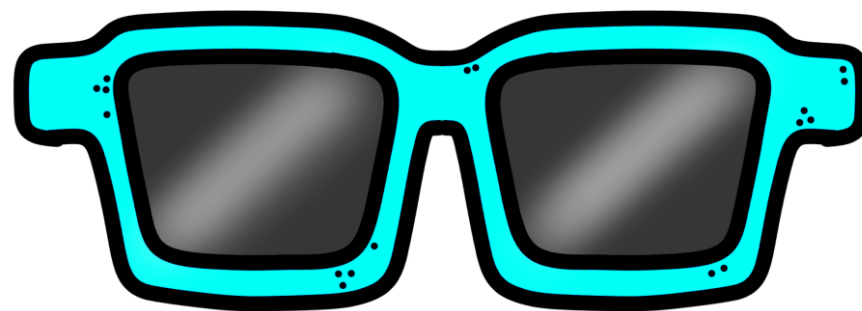
Używaj
kremów
z filtrem.





z

Noś
okulary
z filtrem.





Noś
jasne
ubranie.

