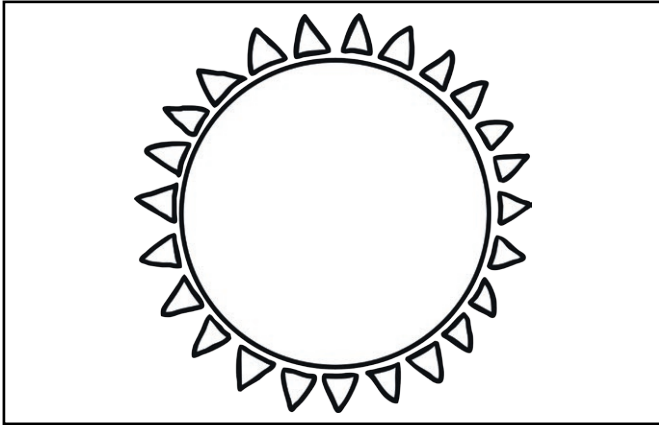
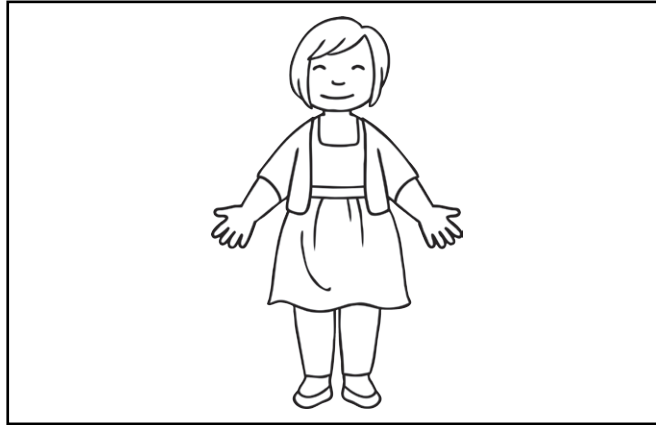


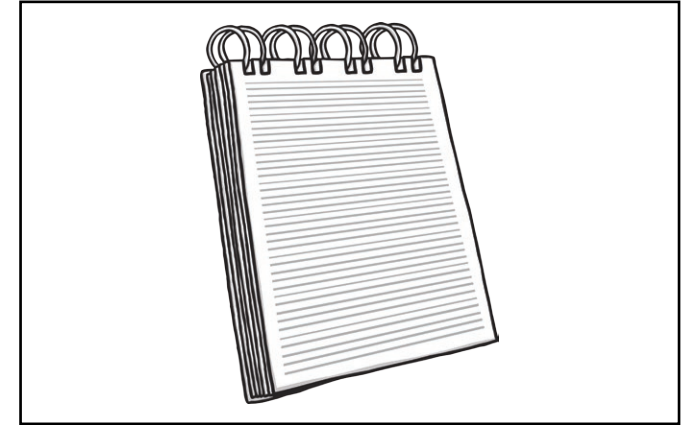
Keeping Cool



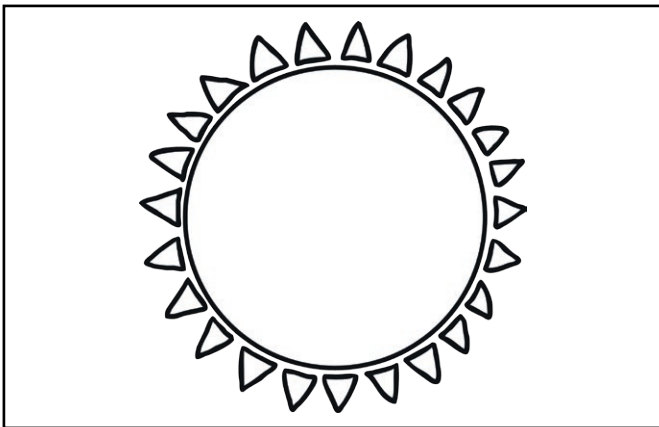
It was summer. It was getting hot.



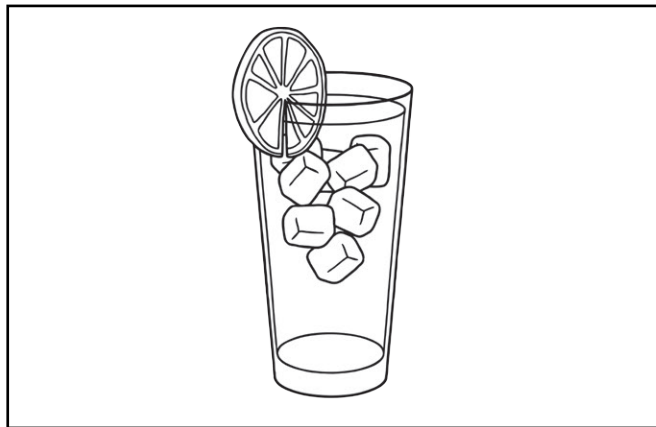
Jools had fair skin. She had to look after herself if it got too hot.



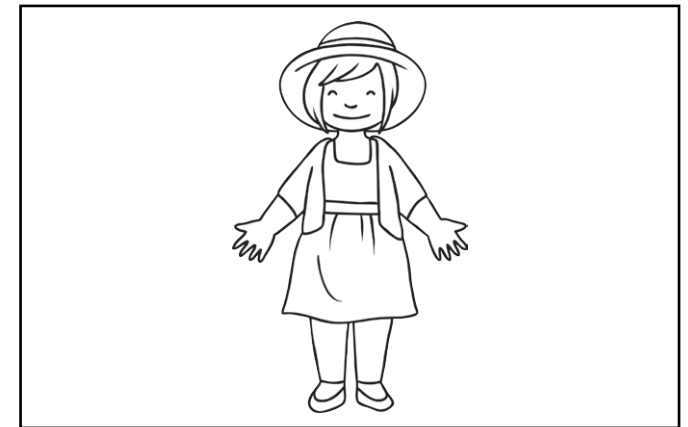
Her mum put up a list of tips in her room.



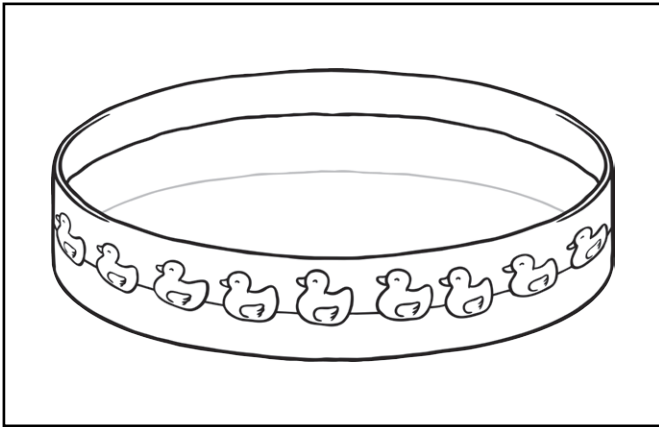
You must not go in the hot sun from 12 until 3.



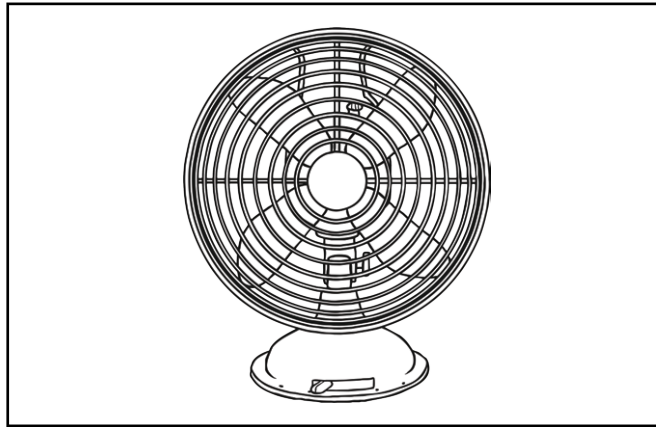
You must drink lots of cool drinks.



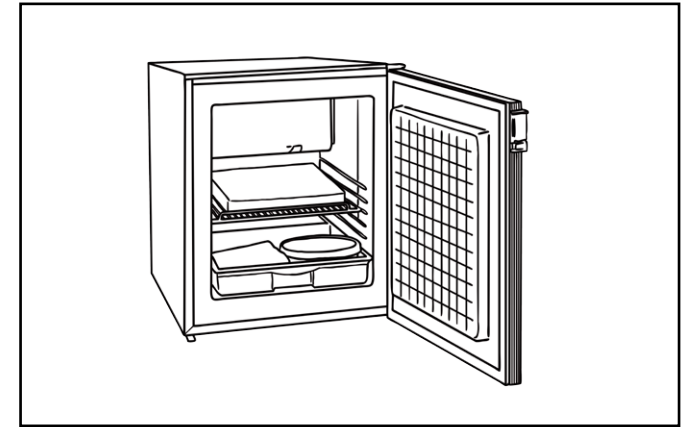
Put a hat on to keep the sun off you.



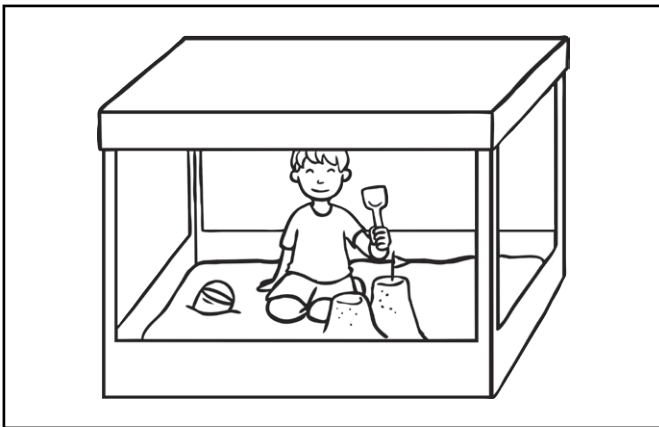
Cool down in a splash pool.



Put a fan next to you.



Get cold food from the freezer.



Sit under a roof, not in the hot sun.