

Born with Albinism In Africa



This new baby has albinism.

All children are a gift.



There are children with albinism all over the world.



This baby girl with albinism was born in Africa and looks different from her mother and brother, with pale skin and blue eyes.





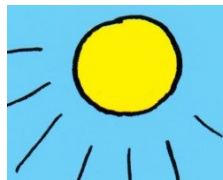
**Both boys and girls can have albinism;
sometimes more than one child in a
family.**



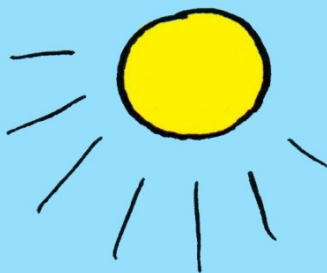
We wear clothes that protect our skin and eyes from the sun



In this book we will look at how you can keep safe in the sun. NO SUNBURN!



I like playing with my friends in the water!



If you spend the day in the sun like this, without sunscreen or clothes...

I am not happy after playing outside.
I didn't wear clothes to protect my
skin. My skin HURTS!

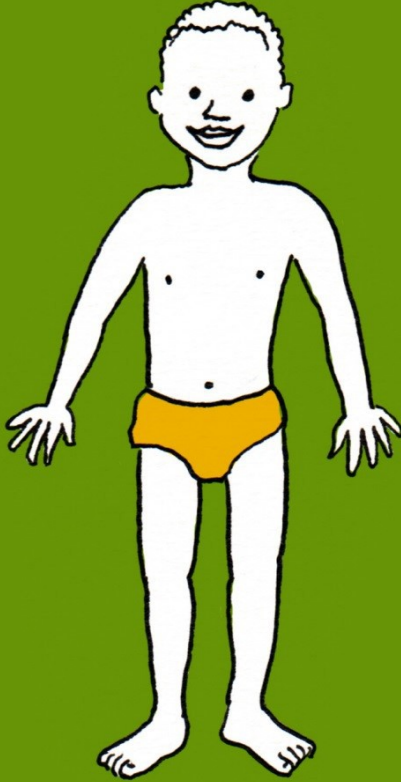


... your skin will go **RED** and **BURN**.

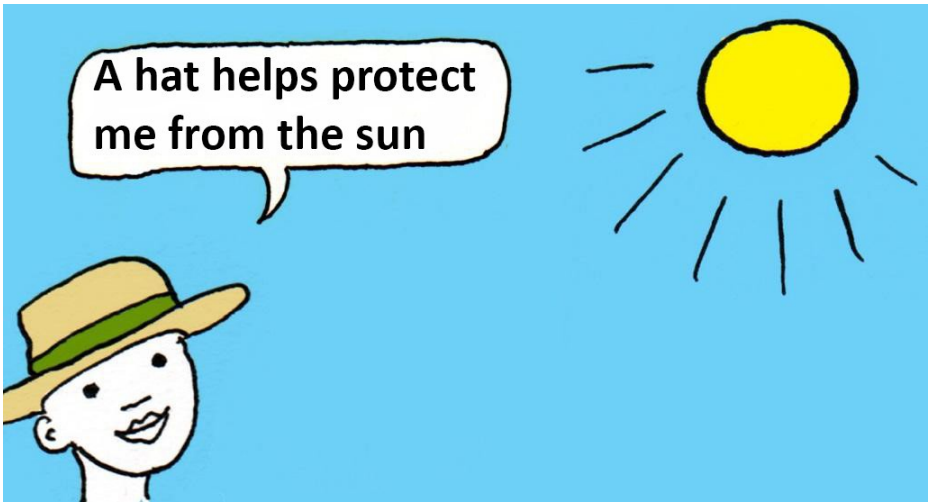


Protect your skin with sunscreen, if available.

**I am happy after playing outside.
I wore clothes to protect my skin.**



**Always wear protective clothes and
sunscreen outside...**



...and a hat!

My mother buys me clothes to protect me from the sun. I like my new umbrella.



A long skirt, long-sleeved shirt, wide-brimmed hat, covered shoes, umbrella and cotton clothes are good.

I play football with my friends when the sun is low. I wear these clothes every day.



Play outside either early or late in the day, when the sun is lower.

My friends play with me in the shade. They know the sun burns my skin.



Try to play in the shade....

**My friend and I both like painting.
My skin doesn't burn and I see
more easily when I am indoors.**



..... or indoors.

I like to help my mother with household chores. I sweep early in the morning, before the sun is too hot.



Do household chores either earlier or later in the day....

I go down to the beach to collect fish for my family and always wear clothes to protect me from the fierce sun.

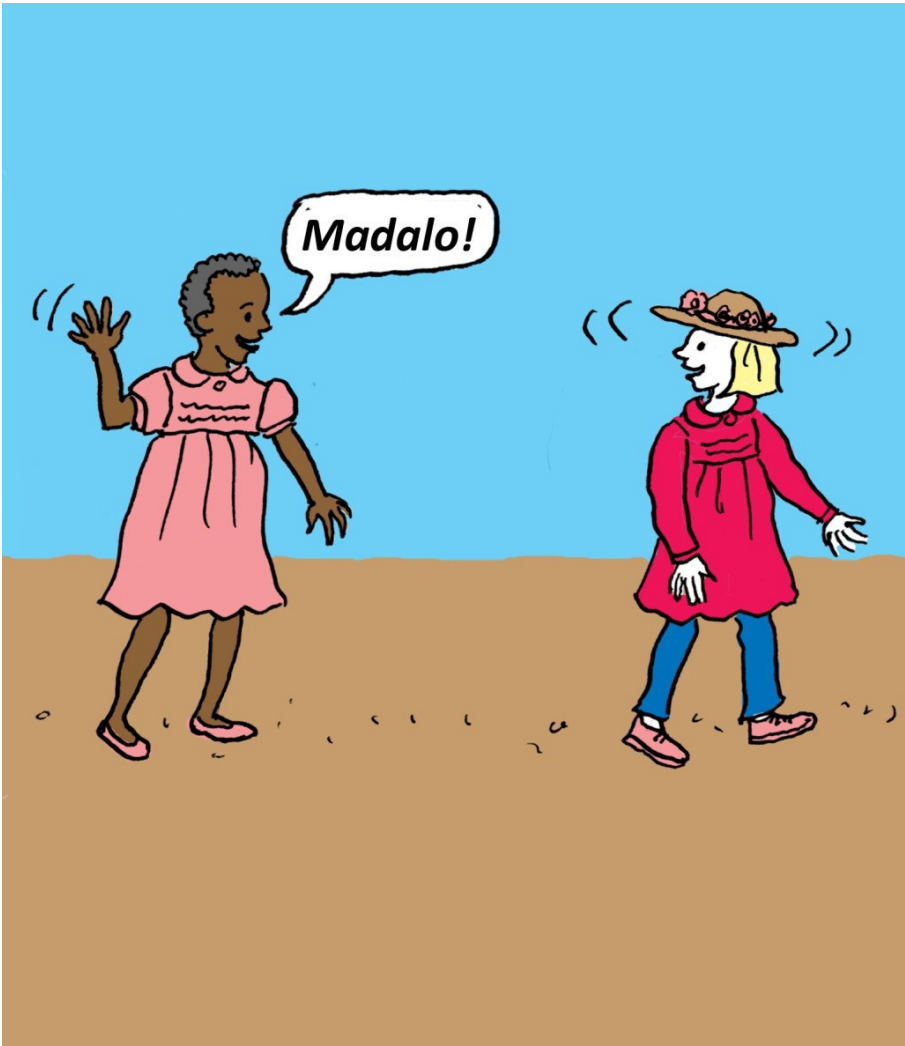


... and cover up on the beach.

My friends keep me safe when we cross the road as I do not always see things that are far away.

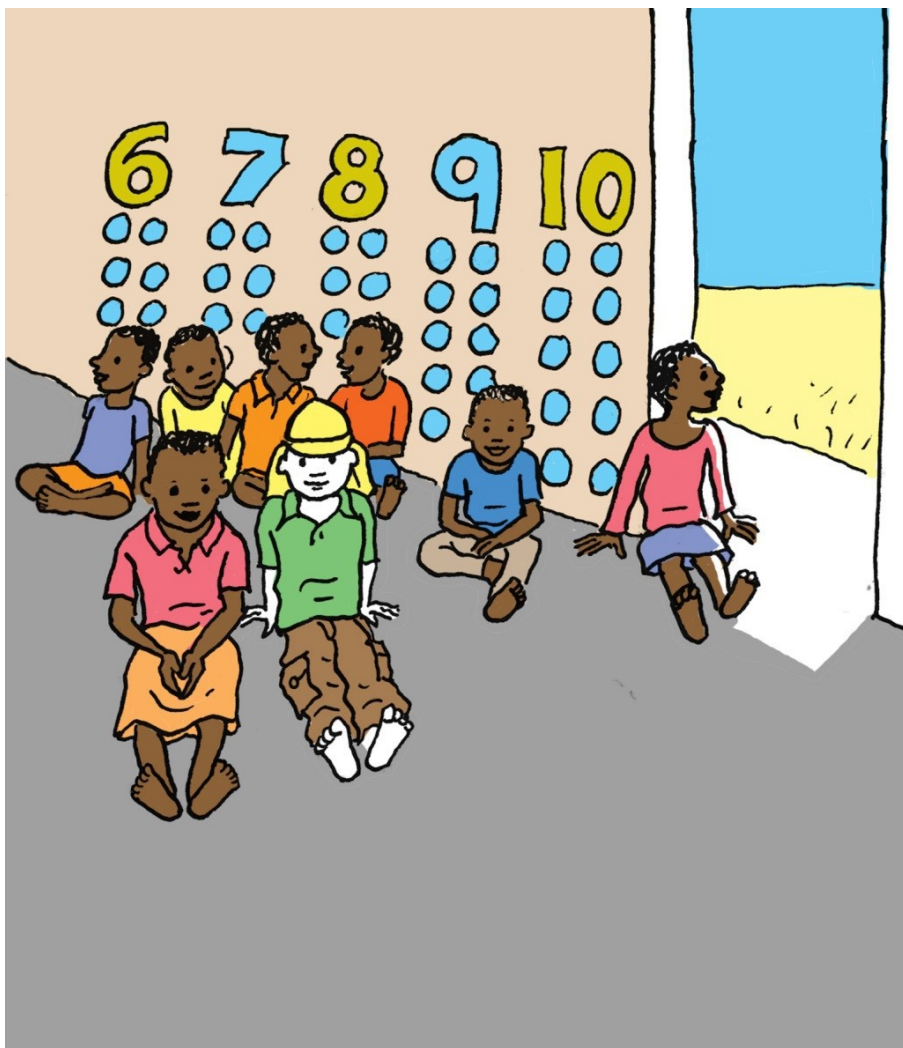


You may need help to see while outside.



My friends call my name as I do not see them clearly if they are far away.





Sit near the front at nursery and school, close to the blackboard.

I hold the book close to my eyes to read it.





If available, use a magnifying glass or book stand in class.



**In every other way, you're the same
as everyone else...**



You can bath in warm water (even if you go a bit pink!)...

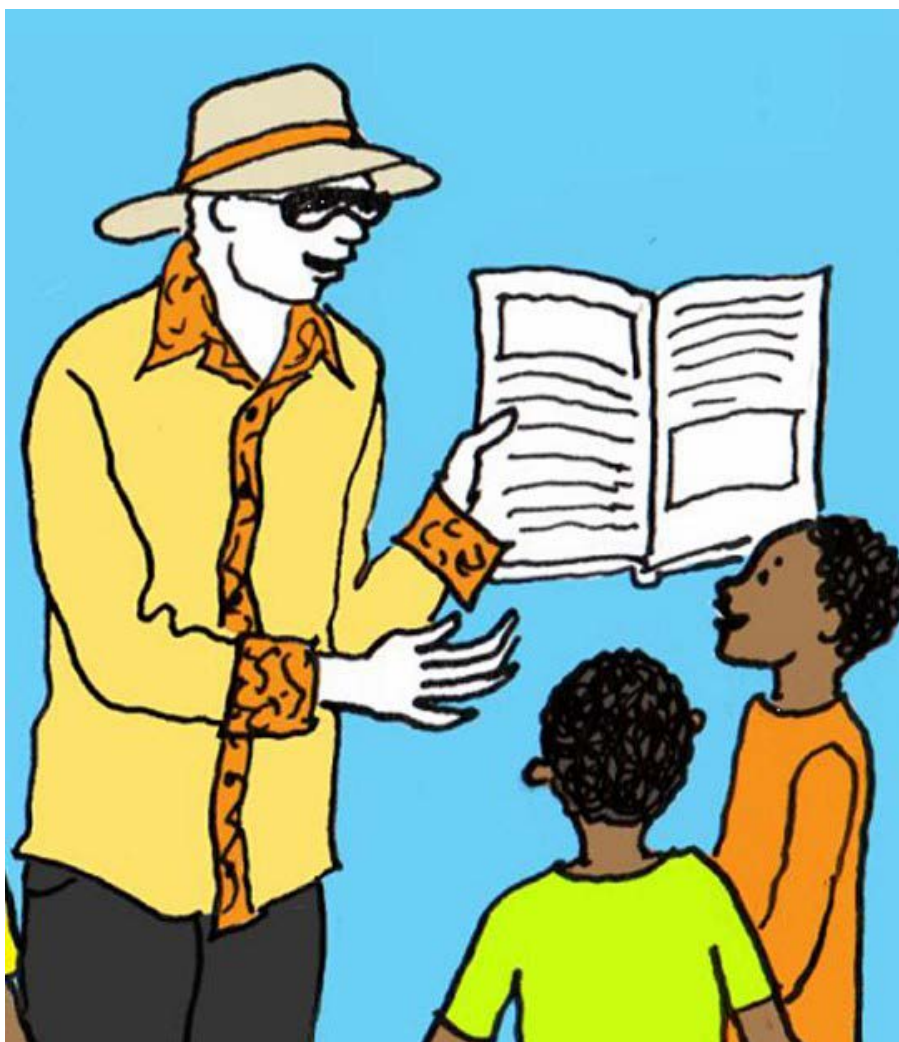


**... and do whatever you want to in
your life!**



What is your dream?





**Many people want to see your dream
come true.**

**This booklet was developed by Dr
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**Thank you to the many people who
made suggestions for improving this
booklet.**