



SUN SAFETY



It's June, and summertime is beginning! Your kids want to be outside and enjoy the sunshine. Keep in mind these tips from the American Cancer Society to stay safe in the sun!

REMEMBER TO:

➤ **Limit sun exposure**

- Peak sun hours are between 10am and 4pm, so try to limit the amount of sun exposure during this time.

➤ **Cover up**

- Use clothing to cover and protect your skin.
- Wear a hat. This helps protect your skin and eyes.

➤ **Wear Sunglasses**

- You are supposed to wear sunglasses that block 99%-100% of both UVA and UVB rays. To buy the correct sunglasses, look for "UV absorption up to 400nm" or "Meets ANSI UV Requirements".

➤ **Use Sunscreen**

- The SPF (Sun Protection Factor) in sunscreen states how long the sunscreen will protect your skin from the sun. To find that out, take the SPF, times it by 15, and that is how long the sunscreen will protect your skin.
- Apply and reapply sunscreen every 2 hours.

➤ **Avoid tanning beds**

- Tanning beds give out UVA and usually UVB rays as well. Both rays can cause long-term skin damage, and can contribute to skin cancer.

➤ **Protect your children**

- Keep babies (younger than 6 months) out of direct sunlight, and cover up and protect with clothing and hats.
- Use these tips to protect you and your children from the sun.
- Educate your children about sun safety to have a safe and enjoyable summer!

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