

SUN SAFETY SMARTS



SUN SAFETY FOR ALL

To protect ourselves from the sun, it's important to wear broad spectrum sunscreen of at least SPF 30. What does that mean?

- *Broad spectrum* sunscreen protects us from ultraviolet A (UVA) rays, which age the skin, and ultraviolet B (UVB) rays, which burn the skin. Both are harmful to our skin and eyes.
- SPF stands for Sun Protection Factor, which measures how well the sunscreen can protect us from sunburn.
- The SPF *number* tells how much UVB light the sunscreen can block from our skin. It is based on how much longer it takes skin to start to burn with sunscreen compared to without sunscreen. It is **not** related to how much time you can spend in the sun. The SPF number should be 30 or higher.

Sunscreen can't protect us 100% from the sun's UV rays. That's why we all need to know about some other ways to help protect our skin.

SUN SAFETY TIPS!

Use these tips to help protect your skin and eyes!



1. Wear a sunscreen that is broad spectrum (UVA + UVB protection) and at least SPF 30 or more – even on cloudy days. Reapply sunscreen every two hours, and after swimming or sweating.



2. Seek shade between 10:00 a.m. and 2:00 p.m. when the sun's rays are strongest. Hint: If your shadow is shorter than you are, seek shade.



3. Wear clothing to cover your skin like long sleeves and long pants and accessories like sunglasses and a wide-brimmed hat.



4. Check the UV Index with a grown-up.

5. Follow these tips around sand, snow, and water, too. They reflect the sun's rays.

PART 1

Read the information on the chart and the clues below. Match each kid to their activity. When you make a match, put a checkmark (✓) in the box where the child's name and activity meet. Then put an X in the other boxes in the row and column since each child is doing a different activity.

All the kids are wearing broad spectrum sunscreen of at least SPF 30. As you read the clues, pay attention to what else they do to help protect themselves from the sun's harmful UV rays.

Name/Activity	Leo	Kai	Aria	Layla
Building a snowman				
Reading a book outdoors				
Walking to get ice cream				
Hiking and picnicking				

Clues

- Layla has on sunscreen and a hat. It is a hot sunny day. She is looking for a big shady tree to sit under and dive into her latest library find.
- Kai is wearing sunscreen, ski goggles, and gloves to protect his skin and eyes. He and his sister love the cold and are geared up for their outdoor activity.
- Aria puts on sunglasses to protect her eyes. Sunscreen, sweatshirt, boots, lunch – check! She is ready for a fun, fall adventure.
- Leo changes into a long sleeve t-shirt and a baseball hat and puts sunscreen on his exposed skin. It's 3:30 and time for the family excursion and treat he has been waiting for all afternoon.

PART 2

What sun safety practices did the kids follow? Underline them in the clues above.

