

LOVE YOUR SKIN



SUN SAFETY FOR ALL

PART 1

Knowing that UV rays from the sun can damage skin and eyes, how do you protect yourself? You can't see or feel UV rays like you feel the heat from the sun on your skin, but they are there. On hot summer days and cold winter days, even on overcast or cloudy days — UV rays are there in all weather, all year, and affect everyone.

Research each topic below to determine how each sun exposure condition affects UV rays and their impact on our skin and eyes.

1. The four seasons: *When are UV rays the strongest? Why?*

2. Elevation: *Does altitude play a role in the strength of UV rays? Why or why not?*

3. Sun reflection on sand, water, snow: *What is the connection between reflections and UV rays?*

4. Time of day: *When are UV rays the strongest?*

PART 2

Read each scenario below. Using the information you researched for Part 1 and the list of sun safety actions in the sidebar, provide tips to help each person be sun smart as they prepare for their activity. Write your answers on the back of this sheet.

1. It's a breezy spring day, and Asher is getting ready to fly a kite.
2. It's a crisp, bright fall morning and it's harvest time. Gianna is helping her grandparents gather the vegetables.
3. It's a cloudy summer day. Mateo's older sister is home from college and is taking him to the rec center to swim for the afternoon.
4. Eva and her brother are heading outside after lunch to build a snowman — their town in the mountains got 10 inches of snow overnight.

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.