

# SUN SAFETY AT PLAY!



## SUN SAFETY FOR ALL

Use your sun safety smarts to help the people in the scenarios below get ready for their day. They are all wearing SPF 30 or higher broad spectrum sunscreen! What else should they do to help protect themselves from UV rays? Use the tips to help you. Then write your advice on the back of the sheet.

1. It is a chilly, sunny day in November. Henry is going on a hike with his mom. She puts SPF 30 broad spectrum sunscreen on them. *What else should they do to be sun safe?*
2. April showers bring May flowers. The forecast calls for spotty showers mixed with sun. Jade's mom puts sunscreen on them before they head out to plant flowers. *What else should they do to be sun safe?*
3. It is a hot, humid, summer day! Hazel is headed outside with her friends. Her mom applies sunscreen on Hazel. *What else should she do to be sun safe?*
4. Race to the top! Mateo and his dad are hiking to the top of the mountain to go snowboarding. His mom put sunscreen on him before he left for the slopes. *What else should they do to be sun safe?*
5. Adopt a dog day! Zoey and her family are volunteering at a dog adoption event outdoors for the day. Even though it's cloudy, her dad puts sunscreen on everyone. *What else should they do to be sun safe?*
6. Time for some summer fun! Lucas and his family are going to the beach. His dad applies sunscreen on him from head to toe! Lucas can't wait to swim and build sandcastles all day. *What else should they do to be sun safe?*

### SUN SAFETY TIPS!



#### **Wear sunscreen.**

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



#### **Protect eyes.**

Wear sunglasses.



#### **Protect face.**

Wear a wide-brimmed hat.



#### **Avoid intense sun.**

Seek shade between 10:00 a.m. and 2:00 p.m. when the sun's rays are strongest.



#### **Cover skin.**

Wear clothing that covers your legs and arms.

