

# PROTECT YOUR SKIN FROM THE SUN ALL YEAR



## SUN SAFETY FOR ALL

### Dear Parents and Caregivers,

In class, your child has been learning about the importance of sun safety through a classroom program from Neutrogena® SKIN U and the curriculum specialists at Young Minds Inspired. The students have explored the science of UV rays and learned healthy habits that *everyone* should practice *all year* to help prevent damage from these harmful rays. Continue the conversation at home to develop sun safety habits to help keep everyone in your family protected.

### THE BURNING FACTS

As you focus on sun safety and skin health at home, keep these facts in mind:

- UV rays from the sun can cause skin cancer, which is the most common cancer in the U.S.
- Skin cancer occurs in people with all skin tones and can develop anywhere on the skin.
- The higher the exposure to UV rays, the greater the risk of skin cancer.
- Just one blistering sunburn in childhood or adolescence can double the chance of developing melanoma – the deadliest form of skin cancer – later in life.
- Tanning beds and lights also create harmful UV rays. Tanning bed use before age 35 increases the risk of melanoma by 75%.
- Research suggests that regular daily use of a broad spectrum sunscreen of at least SPF 30 can reduce the risk of skin cancer by 40%.

### BE A SUN-SAFE FAMILY!

UV rays are strongest in the spring and summer, but they are present all year in all weather, even when it's cloudy. Follow these simple guidelines to protect your family from sunburn and skin cancer risks.

- **Wear sunscreen** that is broad spectrum (UVA + UVB protection) and at least SPF 30 or more – even on cloudy days or in the car. (50% of UV rays can pass through car windows.) **Reapply** at least every 2 hours and after swimming or sweating. **Cover lips** with lip balm of at least SPF 30.
- **Seek shade between the hours of 10:00 a.m. and 2:00 p.m.** when the sun's rays are the most damaging. These are the hours when your shadow is at its shortest.
- **Cover up to limit sun exposure and protect yourself from UV ray damage. Wear sunglasses** and a **wide-brimmed hat or cap**. Also wear **long sleeves and pants** for additional protection when possible. Choose clothing with a **UPF** (ultraviolet protection factor) rating if available.
- **Follow sun safety practices around sand, snow, and water, too.** These surfaces reflect the sun's rays and cause added skin exposure to damaging rays.
- Familiarize yourself with your child's school's policy on sunscreen and apply sunscreen to your child before they head off to school if needed.

Your child is always learning from you, so be a sun-safe role model to help keep your family safe.



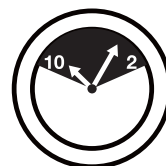
Protect eyes



Protect face



Wear sunscreen



Avoid intense sun



Cover skin