



BE SAFE in the Summer Sun

KIDS ... Practice Safe-Sun habits while you are young—then you will be Sun-Safe all of your life!

- Avoid the sun from 10 am to 4 pm.
- Limit your sun-time to 3 hours.
- Wear loose-fitting, full-length clothing.
- Wear a HAT with a wide brim to protect your eyes, ears, face and back of your neck. These areas can get burned easily.
- Always use SUNSCREEN, one that says 'broad spectrum' and is at least SPF15 — 30 or 45 is even better.
- Put on sunscreen 20 minutes before you go out into the sun.
- Put on more sunscreen every two hours.

SUNGLASSES—check the label when you buy—they should block UVA & UVB radiation. This protects your eyes and eyelids!

Kids ... June 21st is the First Day of Summer; it is the Summer Solstice. Solstice is a word that comes to us from Latin. *Sol* means sun and *sistere* to stand still. At the Summer Solstice, the sun stands still at the northern-most point of its path—and comes to a stop before reversing direction and heading south once more. It is the longest day of the year!

Play in the Shade

The Shadow Rule: No Shadow—Seek Shade!

An easy way to tell how much UV exposure you are getting is to look for your shadow.

► If your shadow is **TALLER** than you are (*in the early morning and late afternoon*), your UV exposure is likely to be low.

► If your shadow is **SHORTER** than you are (*around noon*), you are being exposed to high levels of UV radiation. Seek shade and protect your skin and eyes.



Snow, Water, and Sand reflect the sun's rays and increase your UV exposure. Be sure to put on sunscreen under your **NOSE** and **CHIN**!

SUN FACT

Bees can see the sun's UV rays but we cannot!



My Safe-Sun Habits

Kids ... Fill in the Safe-Sun habit words so you will be Sun-Safe all your life!

► I play in the _____ whenever I can.

► Wearing a _____ with a wide brim protects my _____, _____, _____, and back of my _____.

► Wearing _____ protects my eyes and eyelids.

► I put on _____ 20 minutes before I go into the sun.

Coloring Fun

Answers: shade • hat, eyes, ears, face, neck • sunglasses • sunscreen