



Kids Sun Safety

- Sun protective clothing is an easy way to offer reliable sun protection for much of the body. Look for clothing with an UPF (ultraviolet protection factor)
- Broad-brimmed hats are better to protect the cheeks, ears and neck compared to baseball caps
- Apply the first round of sunscreen at least 30 minutes before you head outside
 - Look for a broad spectrum (blocks UVA/UVB) product with SPF 30 or greater
 - Physical sun blockers (active ingredient: zinc or titanium) can be less irritating for sensitive skin
- Reapply SPF every 2 hours, more often if sweating or playing in water
- Your child's skin can be harmed after as little as 15 minutes of unprotected sun exposure
 - Severe sunburns in childhood significantly increase your child's risk of developing melanoma skin cancer (as well as other skin cancers) later in life. Even one blistering sunburn can significantly increase a child's risk for melanoma, the deadliest skin cancer.
- There is no such thing as a healthy tan; tanned skin is damaged skin
- Like brushing teeth or washing hands, making sunscreen application a normal part of your child's routine can help them develop lifelong healthy habits
- If possible, avoid peak sun exposure times (10am – 4pm)



Women's
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**PLAY
SAFE
IN THE
SUN**

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Find the hidden words and learn about sun safety!

(Look up, down, forwards, backwards, diagonal)

V	E	J	O	E	N	Z	R	N	O	R	M	T	F	G
D	I	Q	E	A	F	E	I	N	O	E	C	A	K	B
L	M	T	T	S	A	A	N	W	N	M	W	H	C	D
Y	D	N	A	P	E	D	S	E	E	M	M	D	T	M
A	U	S	P	M	R	S	E	N	Q	U	O	E	O	E
S	W	L	H	V	I	R	S	B	U	S	L	M	H	L
K	Y	O	X	U	C	N	F	A	N	S	E	M	F	A
S	G	I	B	S	H	A	D	E	L	R	E	I	P	N
R	E	C	N	A	C	N	I	K	S	G	S	R	R	O
N	R	U	B	N	U	S	L	P	Z	S	N	B	F	M
K	S	V	P	H	N	R	F	S	I	R	U	U	R	A
M	T	J	W	G	P	I	R	Y	J	X	O	N	S	N
A	Y	O	C	K	T	N	X	V	H	T	U	T	N	X
A	W	A	W	C	H	P	L	A	Y	S	A	F	E	Y
E	L	O	N	X	G	E	P	B	T	F	Z	N	X	I

BRIMMED HAT
MELANOMA
MOLE
PLAY SAFE

REAPPLY
SHADE
SKIN CANCER
SPF

SUMMER
SUNBURN
SUNGLASSES
SUNNY

SUN SAFE
SUNSCREEN
SUNTAN
VITAMIN D

Check Out Your Sun Safety Knowledge!

*Circle True or False
(answers at the bottom)*

T / F It's cloudy outside, so I don't need to wear sunscreen

T / F I should put on sunscreen again after I've played in the water

T / F I should wear a hat on a sunny day to protect my skin

T / F I never sunburn, so I don't have to wear sunscreen

T / F A suntan is healthy

T / F You can't get a sunburn if it is cold outside

T / F Sun is the only way for your body to get Vitamin D

T / F Tanning beds are safe

T / F People with dark skin can get skin cancer

T / F Sunburns in kids can lead to skin cancer and melanoma when they are adults

Answers: False, True, True, False, False, False, False, False, True, True

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