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).

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Find the hidden words and learn about sun safety!
(look up, down, forwards, backwards, diagonal)

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, True, True

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