



# Join Team Sun Safety!

**Your child's skin has to last a lifetime**

**A child's skin burns easily.  
Protect your children from the sun  
by doing a few simple things:**



**Use sunscreen**

**Wear a  
light-weight top  
with long sleeves**



**Wear a wide-brim  
hat to protect ears,  
neck, and face**

**Wear sunglasses  
that protect  
against both UVA  
and UVB rays**

**Wear long  
pants or tights**

**If a child's  
shadow is shorter  
than the child,  
find shade or  
cover up**

## **Use Sunscreen:**

- Use one with a Sun Protective Factor (SPF) of 30 or higher.
- Use one that has both UVA and UVB protection (called Broad Spectrum).
- Apply 10-20 minutes before going outside.
- Reapply every 2 hours, after swimming, and/or if you've been sweating.
- Use on cloudy days too!
- Use in every season, not just summer.

Find shade or cover up from **10:00 a.m. until 4:00 p.m.**  
when the sun's rays are the strongest.





# Be Sun Safe Every Day!

Parents, grandparents, and caregivers:  
please set a good example!

Wear a wide-brim hat to protect ears, neck, and face

Wear sunglasses that protect against both UVA and UVB rays

Use sunscreen

Wear a light-weight top with long sleeves

Wear long pants or tights

## Remember:

- Sun reflects off water, sand, and even snow.
- You can still get a burn on cloudy days because you don't feel the heat and may forget to be sun safe.
- The sun's rays get stronger as you go higher in altitude.

Sunburns in childhood can lead to skin cancer later in life. Even one serious sunburn increases the risk for skin cancer later in life.

Please help us teach children about skin protection and sun safety. Set a good example and take sun safe measures during every season.