

The Sun and You!

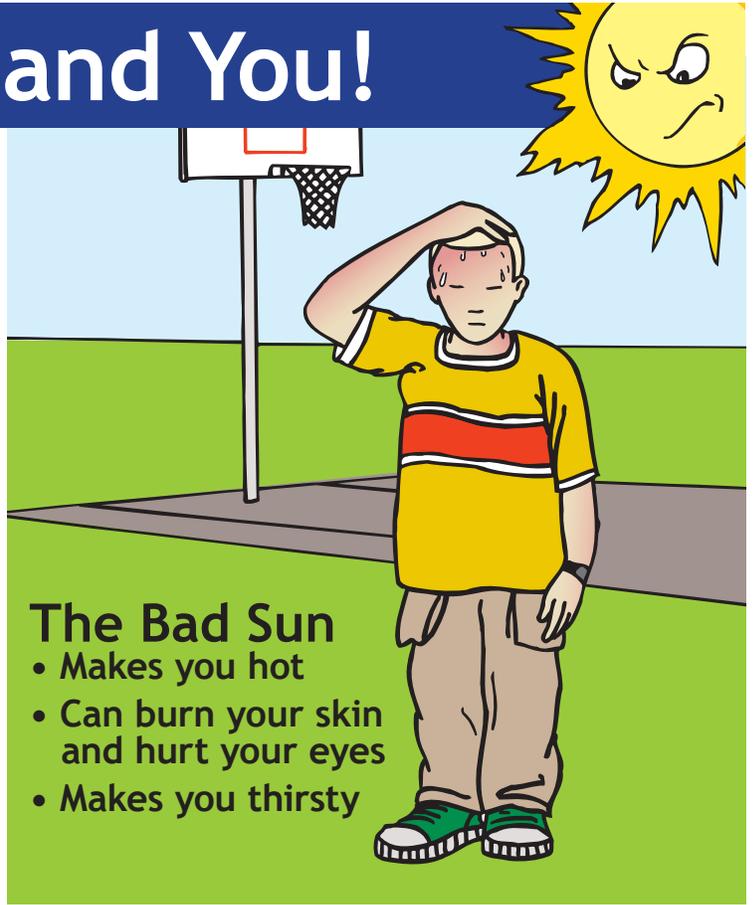
The Good Sun

- Keeps you warm
- Helps you see
- Helps plants grow



The Bad Sun

- Makes you hot
- Can burn your skin and hurt your eyes
- Makes you thirsty



Don't let the sun hurt your skin!

- Wear a hat
- Wear long clothes
- Wear sunglasses



- Play in the shade
- Put sunscreen on your skin
- Drink a lot of water



Ask your mom and dad to help keep you safe when you go outside.

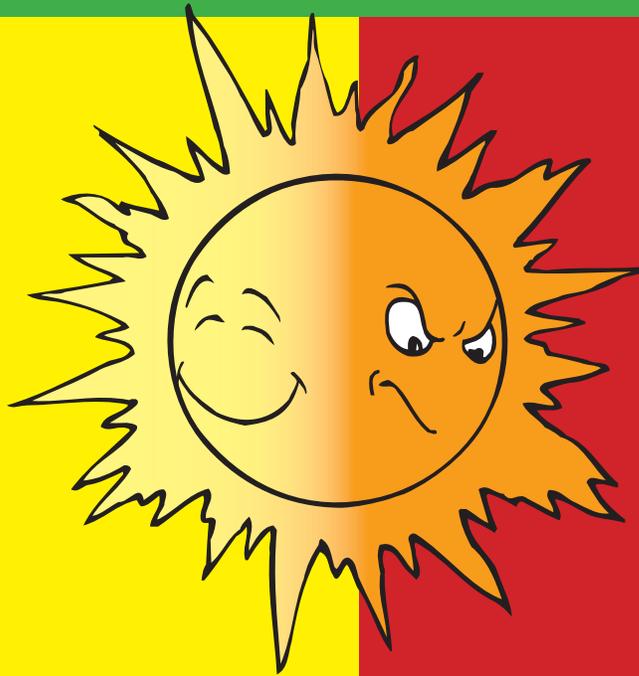
The Sun is Good and Bad...

GOOD:

The sun is good for you and the earth.

The sun provides light and helps keep you warm.

Without the sun, there would not be enough food.



BAD:

The sun also sends out harmful UV* rays.

You cannot see UV rays but they can hurt your skin.

UV rays cause sunburn and they can hurt your eyes.

Sunlight causes some kids to get skin cancer, when they get older.



Wear a hat, long clothing, and sunglasses with UV protection.

*UV = ultraviolet

You can help stop the sun from hurting you.

UV rays from the sun are strongest from 10 a.m. to 4 p.m. Make sure to wear your hat and sunglasses during these hours. Also try to stay under shade and put sunscreen on your skin.

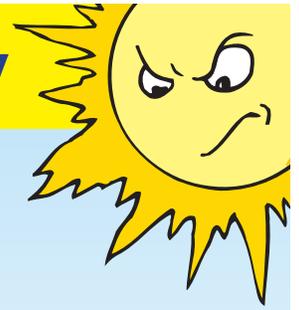


Ask your parents and teachers to help you stay safe in the sun.

Play in the shade and use a lot of sunscreen.



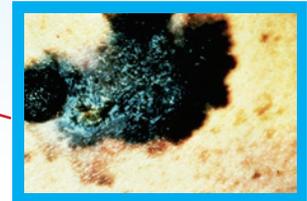
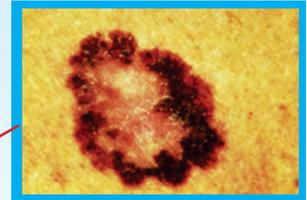
Have Fun the Sun-Safe Way



How much do you know about the sun?

Put a checkmark (✓) before each fact that you already knew before you read this page. All statements are true.

- The sun gives off ultraviolet (UV) rays that are invisible and harmful.
- UV rays can cause sunburn.
- If you get a sunburn, you have hurt your skin.
- UV rays can damage your eyes.
- UV rays can also cause wrinkles and **skin cancer.**
- UV rays are strongest from 10 a.m. to 4 p.m.
- The sun can harm your skin no matter what color your skin is.
- People with light or white skin are hurt more by UV rays.



This is how to protect yourself from the sun

Put sunscreen on your skin (SPF 15 or greater).

Wear long clothing.

Wear a sun-safe hat.

Wear UV-protective sunglasses.

Drink lots of water.



Tell others how to be sun safe!

Share the above sun-safety information with your friends, teachers, and family.