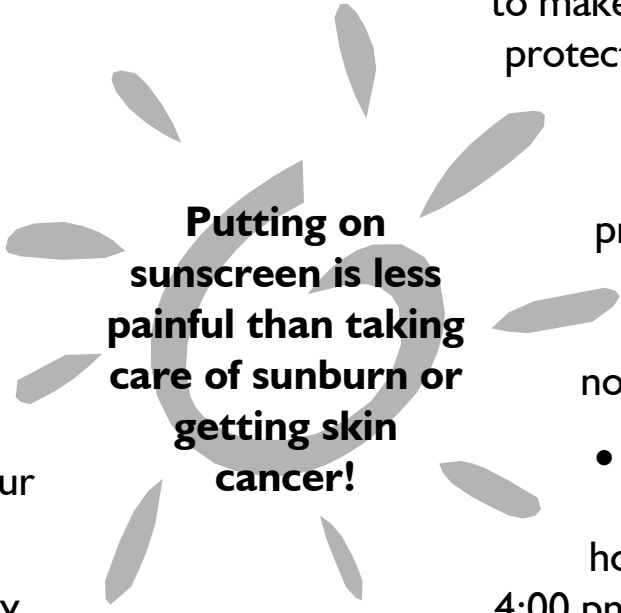


SUN SAFETY / SKIN PROTECTION

Both children and adults need to practice good sun protection behavior. Sunscreen should be worn while outside at all times.

This may sound like a hassle, but prevention pays off.

- Sunscreen should be worn all year long and everyday.
- Use sunscreen with a SPF # of at least 30!
- No tanning oils or salons!
- Stay in the shade whenever you can. Too much direct sun can end your fun!
- Apply sunscreen every two hours to make sure you're protected.
- Remember the sun is everywhere; protect your entire body, even your hands, nose and ears.
- Try to limit your time in the sun during the hours of 10 am to 4:00 pm
- Make sure you wear a wide brimmed hat for your *head*, sunglasses for your eyes and protective clothing for your *body*.



Putting on sunscreen is less painful than taking care of sunburn or getting skin cancer!

Use all these tips and be SUN SMART!