

Time Out, Protect Your Skin

TOPS Sun Safety Tips for Kids



Here are some easy ways that you can protect your skin every day from the sun's harmful rays:

1. Put on sunscreen every day **BEFORE** going outside. Use a handful to cover your whole body and face.
2. Make sure your sunscreen lotion or spray has the words "broad-spectrum" on it and has an SPF of 30 or higher.
3. Apply sunscreen every two hours while outdoors, even on cloudy days. Dry off and re-apply after swimming and when you get sweaty from playing.
4. Check the expiration date on your sunscreen bottle to make sure it still works. If you are using the correct amount of sunscreen, you will use up many bottles every summer.
5. Always wear a tight-weave t-shirt when you are out in the sun to protect your skin, and an SPF swim shirt or rash guard when swimming.
6. Look for shady spots to protect yourself from the sun.
7. Make your own shade by wearing a hat to keep the sun off your face.
8. Wear sunglasses that give UVA and UVB protection to your eyes.



www.playsafeinthesun.org

Find the hidden words and learn about sun safety!

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

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

BEACH
 FUN
 HAT
 MELANOMA
 MOLE

REAPPLY
 RECESS
 SHADE
 SHIRT
 SKIN CANCER

SPF
 SUMMER
 SUN
 SUNBURN
 SUNGLASSES

SUNSCREEN
 SWIMMING
 UVA
 UVB
 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, True, True, True, True, True, True, True, False, False, False, False, False, True, True, True, True, True, True