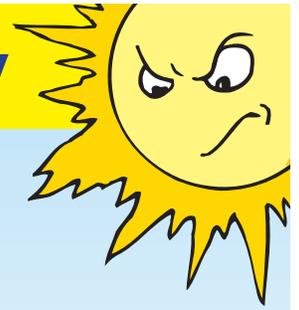


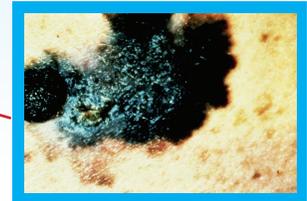
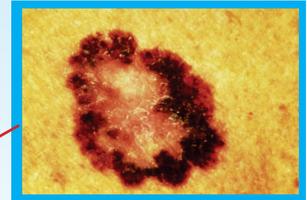
Have Fun the Sun-Safe Way



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.