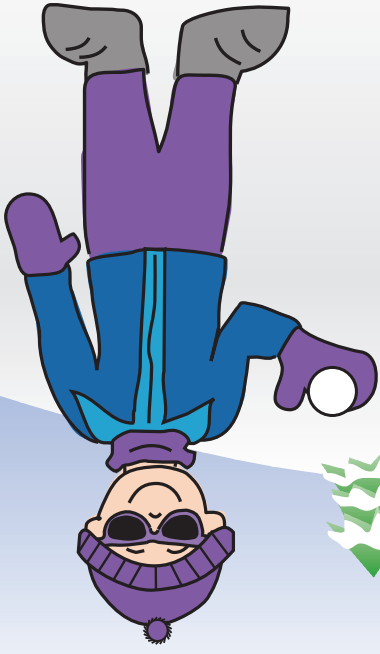




THE SUN SAFE WAY



Shade YOUR DAY!

visit [www.gosunsmart.org](http://www.gosunsmart.org) for more information



- Apply a sunscreen with a sun protection factor (SPF) of 15 or greater every day of the year.
- Remember to reapply your sunscreen every couple of hours.
- Wear a lip balm with sun protection.
- Wear clothing that protects the skin – long sleeves and pants, a hat and sunglasses or goggles.
- Stay in the shade when possible – find trees and awnings to protect you.
- Be careful NOT to get a sunburn.
- Make sun safety a family habit.



### Sun Safety Recommendations:

### Sun Safety Tips From Susan Sunscreen

SUNSCREEN IS A LOTION THAT CAN BE RUBBED ON YOUR SKIN TO PROTECT IT FROM THE SUN.

SUNSCREEN HELPS TO KEEP YOU FROM GETTING A SUNBURN.

ALWAYS WEAR A SUNSCREEN WITH AN SPF OF AT LEAST 15 ON ALL BARE SKIN!



I like the sun, but not the burn. I want to help everyone learn! So I wear sunscreen every day, Because protecting my skin is the SUN-SAFE WAY!

### Shady Places with Sherman Shadetree

If you're in the shade, You've got it made!



SHADE IS A SHADOW MADE BY AN OBJECT. SHADE CAN HELP KEEP THE SUN FROM SHINING ON YOU AND CAN HELP KEEP YOU FROM GETTING A SUNBURN. TREES, BUILDINGS, UMBRELLAS, AND SHELTERS CAN ALL MAKE SHADE.

### Looking Cool with Gary Goggles

DID YOU KNOW THE SUN'S ULTRAVIOLET (UV) RAYS CAN HURT YOUR EYES?

GOGGLES AND SUNGLASSES ARE AN IMPORTANT PART OF BEING SUN SAFE. THEY PROVIDE SHADE FOR YOUR EYES.

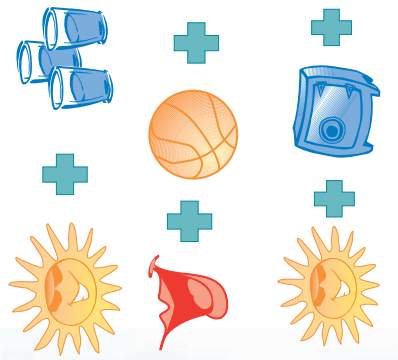


Wearing goggles is wise, So shade your eyes!

### Sun Safety Word Game

Combine these pictures to make a sun-safe word or phrase.

For example: SUNLIGHT



# Shade Your Day Word Search



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



Slap  
It On!

Find these words in any direction!

Sunsafety, Shade, Hat, Sunglasses, Summer, Winter, Goggles,  
Sunscreen, Lipbalm, Snow, Helmet, SPF, Skiing, Boarding, Mountain

Color in all the areas where  
C.J. needs to put sunscreen.

# Wear Some Shade

Circle all the clothing items  
Raymond can wear to  
cover-up and be sun safe.



Do these things and you will learn  
To be sun safe and ban the burn!

Should NOT have circled: Sandals, Green Tank Top, or Blue Shorts

## Sun for all Seasons

Draw a line to match the  
symbol with the season.

Summer



Spring



Winter



Fall



The sun shines  
all year round –  
not just in the summer!  
The sun shines  
even stronger  
high in the mountains.

Protect Your Skin & Eyes  
**ALL YEAR!**

Go Sun Smart!