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YOUTH HEALTH BULLETIN

MAY 2011

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SUNNY DAYS ARE HERE!



It is time to go outside and play! Whether you are going to the park, the pool, or the beach being safe in the sun is very important. Let's learn how to protect ourselves from the rays of the sun!

Have you ever had sunburn? If you have, you may remember it feeling itchy or even painful. If you have light colored hair, skin, or eyes, you may get burnt by the sun easier than your friends. If you have darker hair, skin, or eyes, you can get burnt as well. It may just take a little longer for a sunburn to appear.

There are many ways that we can keep ourselves from getting a sunburn.

- Wear sunscreen or sun block
- Take breaks from the sun
- Wear proper clothes

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Wear sunscreen or sun block

Before you go outside you should always use sunscreen. Put on sunscreen 30 minutes **before** you go outside. You will want to put it anywhere that may be exposed to the sun. Do not forget your face, ears, hands, back of the knees, and feet. When you put on sunscreen you want to make sure you put it on all of your skin that is uncovered. You also will need to put sunscreen on **again** if you have been in the water or have been sweating. A good rule of thumb is to apply more sunscreen every two hours. Even if you use a waterproof sunscreen, you will need to apply more throughout the day. Waterproof sunscreen usually lasts about 80 minutes in the water. If you are outside, wearing sunscreen is your best protection against a sunburn.



Take breaks from the sun

The sun is the strongest from 10 a.m. until 4 p.m. Although, you can be in the sun during those times, it is important to be extra careful. Even when wearing sunscreen, you should take breaks from the sun because it is so strong. You should go inside for a drink of water, have something to eat, or take a rest in the shade or indoors. Do not forget to apply more sunscreen when returning to the sun after your break.

Wear proper clothing

If you are at the pool or the beach, you will likely have on your swimsuit. Double check to make sure you have sunscreen on all the skin that is showing. Wearing a shirt or cover-up helps protect your skin. Make sure that the shirt or cover-up is not see-through. If you can see through it, the sun's rays can still burn your

skin through your clothing. You also want to be sure to wear a hat with a wide brim. The hat will prevent the top of your head from getting burnt and the wide brim will help prevent your neck from getting burnt. Wearing sunglasses is also a must when the sun is shining. Protecting those eyes is important too!

It is fun to be outside and enjoy the sunny days, but we want to protect our skin from the sun's rays!

WORD SCRAMBLE

Use the clues below to help you unscramble the words.

- What do you put on your skin to protect it from the sun?
UNSSERECN: _____
- What do you wear to protect the top of your head from being sunburnt?
ATH: _____
- When playing outside from 10 a.m. to 4p.m., you should take these from the sun.
EKRABS: _____

REFERENCES:

- The Skin Cancer Foundation. Accessed at <http://www.skincancer.org/>
- Kids Health: How to be Safe in the Sun (2010). The Nemours Foundation. <http://www.kidshealth.org/>

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