

Dear Parents,

Playing in the sun is fun, but too much sun can be harmful. Practice sun safety every day, everywhere, and all year long.

Page 2 - Prevent sunburn. Children can sunburn very quickly, even on a cloudy day. Just one serious sunburn during childhood can increase the chance of skin cancer later in life. Use sunscreen on all exposed skin, including ears and top of the head where the hair parts. Reapply sunscreen every two hours. Follow directions on the bottle.

Page 3 - Wear a hat. Hats with wide brims help protect your child's face, ears, and neck from the sun. Comfortable clothing, such as loose-fitting long pants or shirts with sleeves, can also prevent sunburn.

Page 4 - Protect eyes. Overexposure to the sun's UV rays can damage your child's eyes. Children should wear sunglasses that are labeled "99%-100% UV protection." Teach children -- never look directly at the sun!

Page 5 - Stay cool. Too much heat and sun can be dangerous, especially for children. Let children play inside or in the shade during the hottest part of the day (10:00 am -4:00 pm). Never leave a child in a parked vehicle during hot weather, even for a few minutes!

Page 6 - Objects get hot! The sun can make slides, seatbelt buckles, car seats, and other objects very hot. These objects can cause serious burns. Always check objects before they touch your child's skin. If it feels warm to you, it will feel hot to your child.

Page 7 - Drink Water! Children lose fluid from their bodies by urinating (going to bathroom) and by sweating. If a child loses too much fluid, he or she can become *dehydrated*, which is very dangerous. Give your child plenty of water to drink, especially during hot weather or when playing hard.



Safe Fun in the Sun



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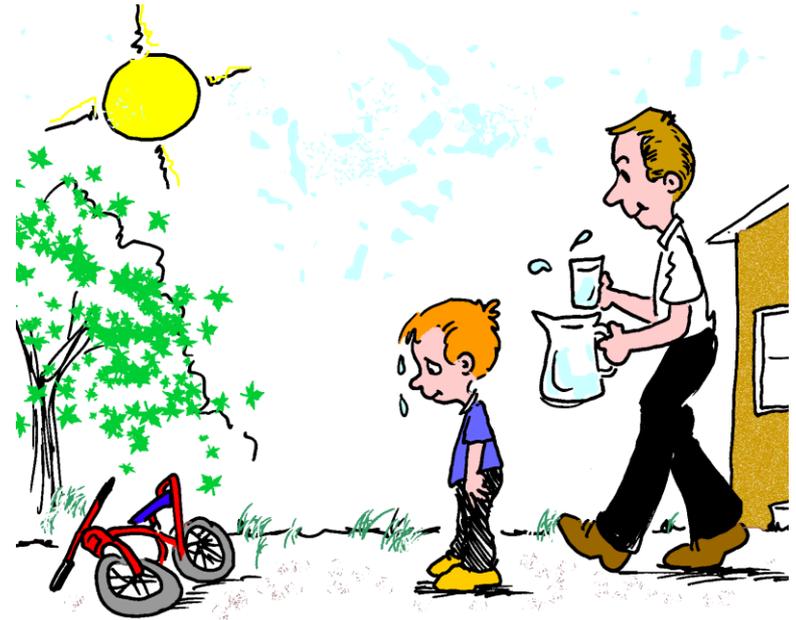


Prevent sunburn.



Use plenty of sunscreen labeled SPF 30 or above.

Drink water!



Drink plenty of water, especially when it is hot and you are playing outside.

Objects get hot!



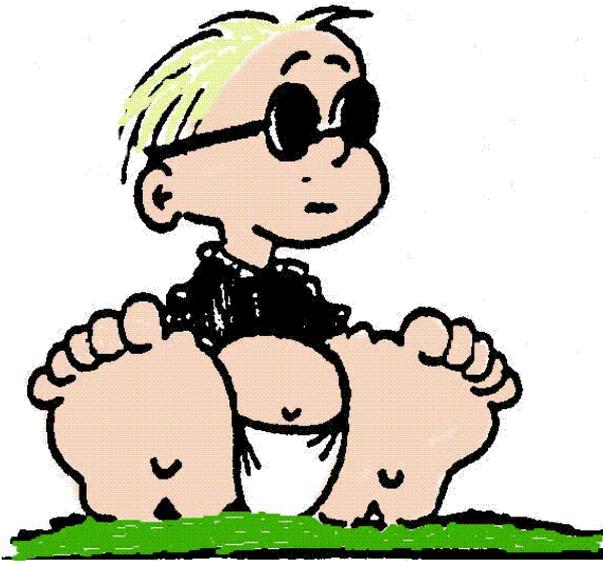
Playground slides can get hot in the sun!

Wear a hat...



... to protect your face, ears, and neck.

Protect your eyes!



Wear cool sunglasses!

Stay cool!



**Stay in the shade during
the hot part of the day**