

# The Sun and You!

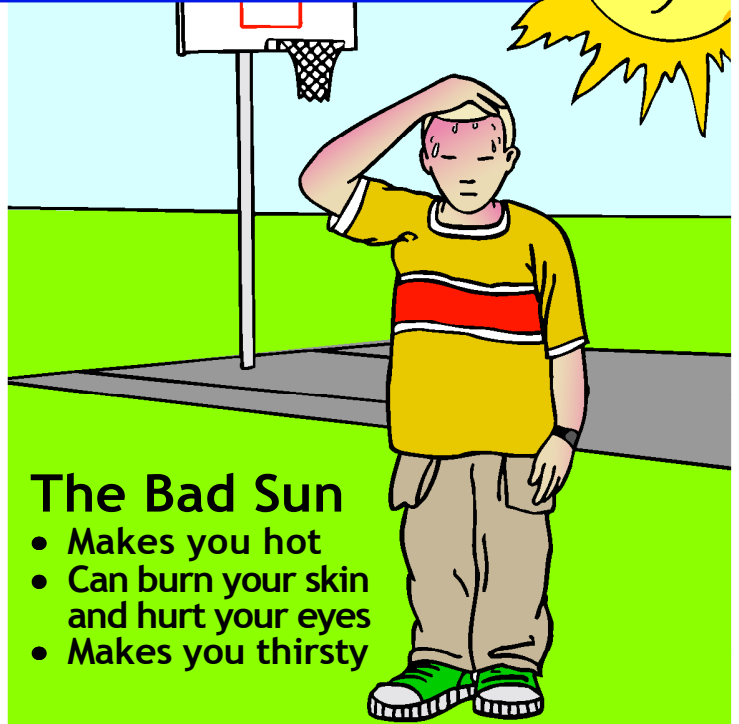
## The Good Sun

- Keeps you warm
- Helps you see
- Helps plants grow



## The Bad Sun

- Makes you hot
- Can burn your skin and hurt your eyes
- Makes you thirsty



## Don't let the sun hurt your skin!

- Wear a hat
- Wear long clothes
- Wear sunglasses



- Play in the shade
- Put sunscreen on your skin
- Drink a lot of water



**Ask your mom and dad to help keep you safe when you go outside.**

For more information contact California's Skin Cancer Prevention Program at [cdoc@cdph.ca.gov](mailto:cdoc@cdph.ca.gov) or visit [www.AvoidSkinCancer.com](http://www.AvoidSkinCancer.com).