

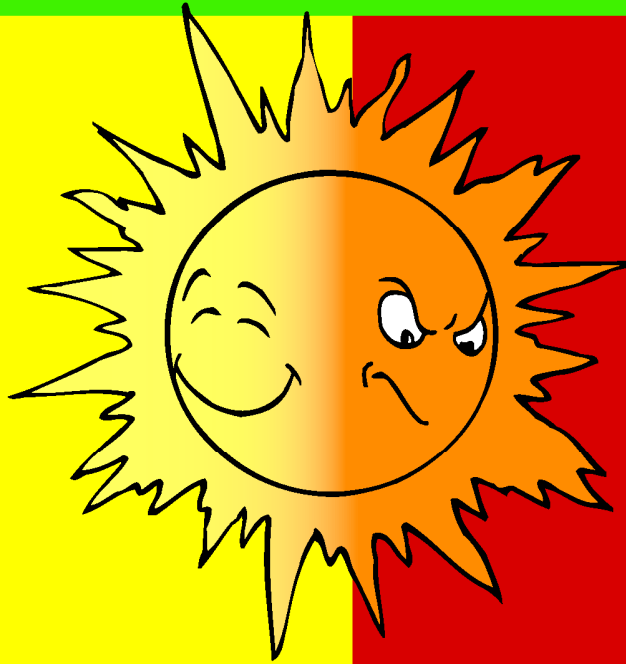
# The Sun is Good and Bad...

## GOOD:

The sun is good for you and the earth.

The sun provides light and helps keep you warm.

Without the sun, there would not be enough food.



## BAD:

The sun also sends out harmful UV\* rays.

You cannot see UV rays but they can hurt your skin.

UV rays cause sunburn and they can hurt your eyes.

Sunlight causes some kids to get skin cancer, when they get older.

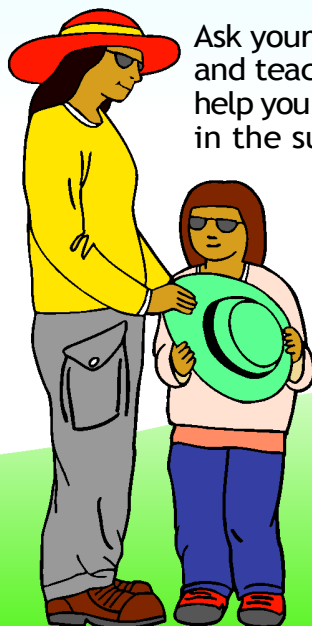


Wear a hat, long clothing, and sunglasses with UV protection.

\*UV = ultraviolet

## You can help stop the sun from hurting you.

UV rays from the sun are strongest from 10 a.m. to 4 p.m. Make sure to wear your hat and sunglasses during these hours. Also try to stay under shade and put sunscreen on your skin.



Ask your parents and teachers to help you stay safe in the sun.

Play in the shade and use a lot of sunscreen.



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).