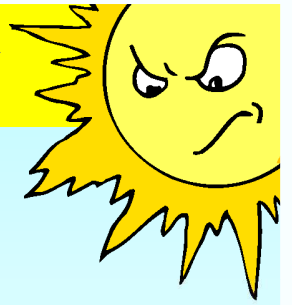


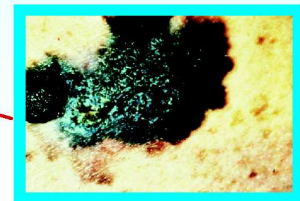
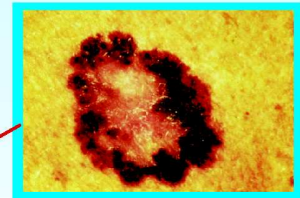
# Have Fun the Sun-Safe Way



## How much do you know about the

Put a checkmark (✓) before each fact that you already knew before you read this page. All statements are true.

- The sun gives off ultraviolet (UV) rays that are invisible and harmful.
- UV rays can cause sunburn.
- If you get a sunburn, you have hurt your skin.
- UV rays can damage your eyes.
- UV rays can also cause wrinkles and **skin cancer**.
- UV rays are strongest from 10 a.m. to 4
- The sun can harm your skin no matter what color your skin is.
- People with light or white skin are hurt more by UV rays.



## This is how to protect yourself from the sun

Put sunscreen on your skin (SPF 15 or greater).

Wear long clothing.

Wear a sun-safe hat.

Wear UV-protective sunglasses.

Drink lots of water.

## Tell others how to be sun safe!

Share the above sun-safety information with your friends, teachers, and family.

