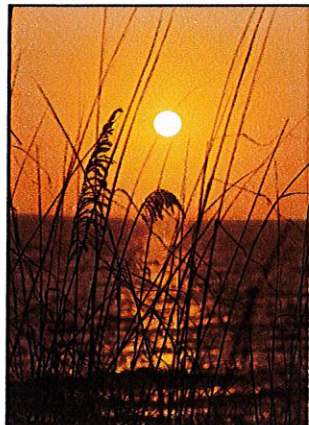


SUN SAFETY LETS HAVE FUN

Imagine the fun we can have in the summer sun.

- ▶ Playing at the beach
- ▶ Swimming in the pool
- ▶ Playing sports
- ▶ Watching sports
- ▶ Bike riding
- ▶ Fishing
- ▶ Playing at the park
- ▶ Having a picnic





But have you ever thought about what the sun can do to your skin **and** to the water in your body?

▶ The sun rays and heat from the sun can cause your skin to burn and peel off

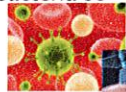


What jobs does our skin have?

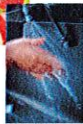
❖ Our skin covers our body like the shield of a super hero. Our skin is our protection.



❖ Our skin fights germs called bacteria so that we don't get sick.



❖ We help our skin with that job by washing our hands frequently during the day.



What jobs does our skin have?

❖ Our skin is a barrier, like a wall protecting us
❖ To prevent harmful substances from entering our bodies



❖ To keep water and electrolytes in our bodies
❖ (Marieb, 2005).



Effects of The Sun

- › If we let our skin burn and peel away it can't protect us
- › If there are 2 blistering sunburns before you are 18 years old, the risk for having skin cancer as an adult could double.

What can we do for Sun Safety?

- › Wear a hat in the sun
- › Wear sunglasses. Sun can cause disorders that affect sight and cause cancer
• (Balk, 2011).



Sun Safety

- › Use sunscreen- the higher the number, the more protection it offers. Put it on 15-30 minutes before going into the sun and reapply it often while in the sun, and after you come out of the water.




Sun Safety

- ▶ Wear protective clothing
- ▶ Drink plenty of fluids




Sun Safety

- ▶ Play in the shade when you can
◦ (Boe and Tillotson, 2006)
- ▶ Avoid a lot of sun during the hottest time of the day 10AM-4PM (Mazyck, 2003).



Summer Fun

- ▶ Have a great summer
- ▶ and remember these
- ▶ tips for sun safety!



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