Suggested Newsletter Inserts for Elementary Schools

Sun Safety

**Sun Sense**

When your shadow is short.

Stay out of the sun.   
When your shadow is tall.   
Go out and have fun!     
Slip on a shirt.   
Slap on a hat.  
Slop on some sun screen.

Seek shade.

Slide on sunglasses!

**Stay Safe in the Sun**

It only takes one bad sunburn in childhood to increase the risk of developing skin cancer later in life. Follow these sun safety tips to keep you and your family safe this summer:

* Check the daily UV forecast. When the UV index is 3 or higher protect your skin as much as possible. Limit your time in the sun between 11 a.m. and 3 p.m. when harmful UV rays are present even on a cloudy day.
* Cover up. Wear a wide brimmed hat that shades the face, neck, and ears and light-coloured, loose- fitting clothes covering as much of the body as possible (e.g., long sleeved shirt and pants).
* Use a “broad spectrum” “water resistant” sunscreen with an SPF of 30 or higher. Apply a generous amount to uncovered skin. Reapply after swimming, sweating or toweling off. Don’t forget a sunscreen lip balm.
* Seek shade or bring your own, e.g., an umbrella.
* Protect your eyes. Wear sunglasses or prescription eyeglasses with UV-protective lenses.
* Avoid using tanning beds or deliberately trying to get a suntan and avoid getting a sun burn. Remember no tan is a safe tan!

Use sources of vitamin D that are safer than exposing yourself to UV rays such as cow’s milk, fortified plant-based beverages, fatty fish like salmon and sardines, margarine, egg yolk, and fortified yogurt.

For more sun safety tips, visit [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org) or call *Health Connection* at 705-721-7520 or 1-877-721-7520 to speak with a public health nurse.