

## Health Tips from the School Health Registered Nurse:

Fun in the Sun!!

Now that warmer weather is here, do not forget to apply sunscreen to your children. Research has shown that long term sun exposure is the leading cause of skin cancer. Lower your child's risks by staying sunburn free this year!!

Sun Safety Tips:

- The first, and best, line of defense against harmful ultraviolet radiation (UVR) exposure is covering up. Wear a hat with a three-inch brim or a bill facing forward, sunglasses (look for sunglasses that provide 97% -100% protection against both UVA and UVB rays), and clothing with a tight weave.



- Stay in the shade whenever possible, and limit sun exposure during the peak intensity hours - between 10 a.m. and 4 p.m.
- On both sunny and cloudy days use a sunscreen with an SPF 15 or greater that protects against UVA and UVB rays.
- Be sure to apply enough sunscreen.
- Reapply sunscreen every two hours, AND after swimming or sweating.
- Apply sunscreen 15 to 30 minutes before going outdoors to give time for the sunscreen to bind and absorb into the skin.

- Combination sunscreen/insect repellent products should be avoided because sunscreen needs to be reapplied every two hours, but the insect repellent should not be reapplied
- Use extra caution near water and sand as they reflect UV rays and may result in sunburn more quickly.

Think to yourself “DO NOT FRY! REAPPLY!” and remember to reapply sunscreen at least every 2 hours!!

