

## **MAY IS...Skin Cancer Awareness Month!!!**

**Read below to find out how to protect the ones you love**

### **Sun Safety tips for Children:**

- ▶ Have children drink plenty of water.
- ▶ Use a sunscreen with an SPF 15 and apply at least 20 minutes prior to sun exposure.
- ▶ Remember to apply sunscreen to all exposed skin areas.
- ▶ Sunscreen should only be part of the protection from the sun. The other part of reducing exposure to the sun includes wearing protective clothing, cool sunglasses and staying indoor at the times of high sun exposure, between 10 AM and 4 PM.
- ▶ Avoid the mid-day when the rays are more intense and damaging.
- ▶ Encourage children to wear a hat.
- ▶ Dress children in light-colored fabrics, covering exposed areas, if possible.
- ▶ You can plan indoor activities during the peak hours or an evening trip to the beach when it tends to be less crowded.

