



Name _____ Class _____ Date _____

Sun Protection Done Right

Depending on your favorite outdoor activity, you may need a helmet, a ball, or a bat, but you **always** need **sun protection**. It's just another part of your gear! For greatest protection, use more than one way to protect yourself from the sun, such as shade, clothing, a hat with a wide brim, sunglasses and sunscreen.



PREVIEW

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You'll need to reapply as needed. Make sure it has a **Sun Protection Factor (SPF)** of at least **15** and is labeled as **broad spectrum**.

Cover up. Clothing can provide great protection from the sun. Long-sleeved shirts, pants, and long skirts offer the best protection.

Seek shade. The sun's rays are strongest during the middle of the day, from about **10 am to 4 pm**. If you are going to be outside during midday, try to stay in the shade as much as possible.





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Plan a Sun Safety tool kit:

- _____
- _____



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