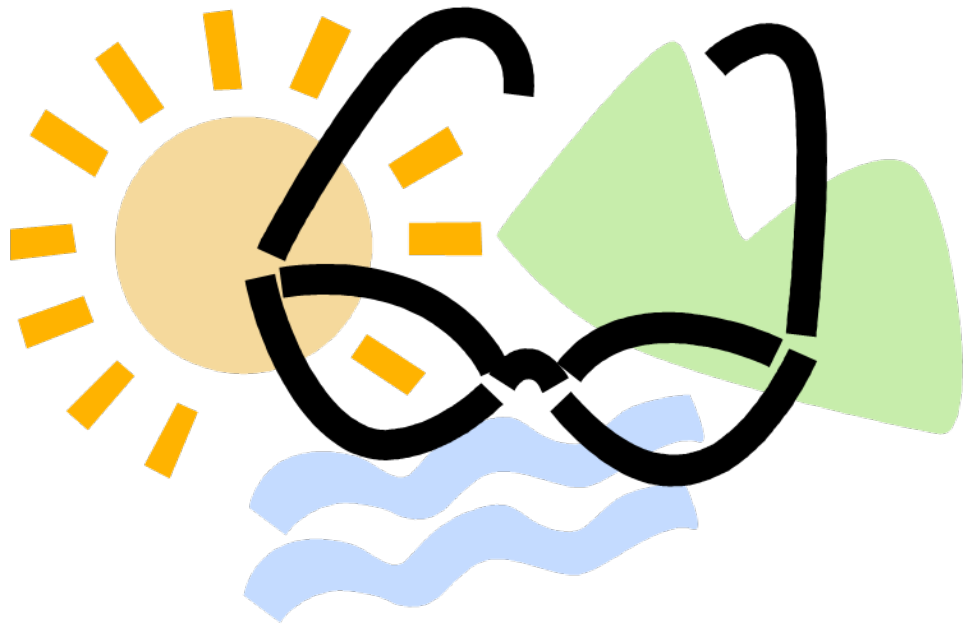
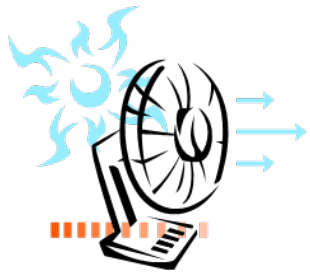


Fun in the Sun Safety





Good Things About the Sun



- Resting heart rate, blood pressure, and respiration rates are all decreased after a sunbath.



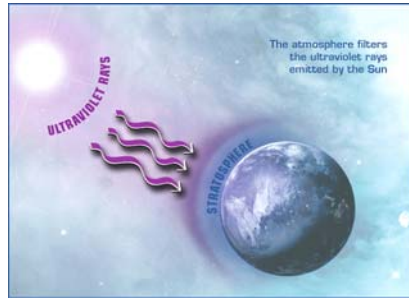
- Stimulates the production of more red and white blood cells, which increases the oxygen content of our blood and helps the body maintain its defense against disease.

- Ultraviolet light converts cholesterol in the skin to vitamin D.



- The ultraviolet rays are capable of killing bacteria, viruses, fungi, yeasts, molds, and mites in air and water, and on surfaces.

Bad Things About the Sun - Ultraviolet Rays



1. UVA Rays

- Causes skin aging and wrinkling and contribute to skin cancer
- Majority of our sun exposure and tanning beds

2. UVB Rays

- Causes sunburns, cataracts - clouding of the eye lens, and immune system damage. They also contribute to skin cancer (Melanoma)

3. UVC Rays

- The most dangerous, but fortunately, these rays are blocked by the ozone layer and don't reach the earth.

Have Fun and Stay Safe!

Avoid the Strongest Rays of the Day

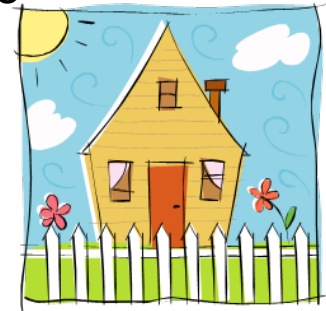
The Sun is the strongest from
10:00 AM until 4:00 PM



Even on cloudy, cool, or overcast days,
UV rays travel through the clouds



Most sun damage occurs as a result
of incidental exposure during day-to-
day activities, not at the beach.



Have Fun and Stay Safe!

Use Sunscreen

The SPF number tells you how much longer you can stay in the sun without burning

Example: an SPF of 15 gives you 15 times the protection



Apply sunscreen about 30 minutes before going outside



Reapply sunscreen often, approximately every 2 to 3 hours

Have Fun and Stay Safe!

Cover Up and Stay in the Shade

Wear a hat with a three-inch brim or a bill facing forward, sunglasses



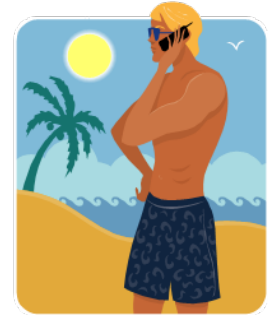
Do not stay out in the sun too long, take a break in the cool shade

Wear white clothing – it does not absorb as much heat and keeps you cooler





Have Fun,



Stay Cool,



Stay Smart!

