How much do you know about the sun?

Put a checkmark (√) before each fact that you already knew before you read this page. All statements are true.

___ The sun gives off ultraviolet (UV) rays that are invisible and harmful.
___ UV rays can cause sunburn.
___ If you get a sunburn, you have hurt your skin.
___ UV rays can damage your eyes.
___ UV rays can also cause wrinkles and skin cancer.
___ UV rays are strongest from 10 a.m. to 4 p.m.
___ The sun can harm your skin no matter what color your skin is.
___ People with light or white skin are hurt more by UV rays.

This is how to protect yourself from the sun

Put sunscreen on your skin (SPF 15 or greater).

Wear a sun-safe hat.

Wear long clothing.

Wear UV-protective sunglasses.

Drink lots of water.

Tell others how to be sun safe!

Share the above sun-safety information with your friends, teachers, and family.