



# SUN & SKIN | safety

Warm weather means kids are spending more time outdoors. Too much time in the sun can cause pain and even permanent harm. Protecting yourself from ultraviolet (UV) rays can prevent damage.



### Follow the shadow rule

When you are outside, if your shadow is shorter than you are, it means **UV rays are intense**. You need to be extra careful at these times.

### Minimize sun exposure

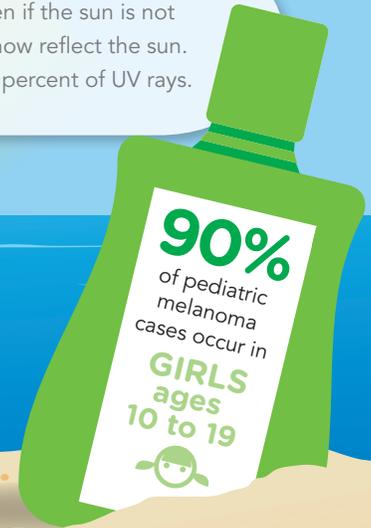
Even when you follow precautions, it is best to **limit time** in the sun between the hours of **10 a.m. and 4 p.m.**

### It's not just for sunny days

Children should wear "broad spectrum" **sunscreen every day**, even if the sun is not shining. Water, sand and snow reflect the sun. Clouds only block 20 to 30 percent of UV rays.

### Lather up

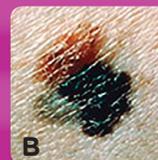
Use lip balm and sunscreen with an **SPF of at least 30** made specifically for children. Use water-resistant sunscreen when swimming. Apply sunscreen 30 minutes before going outside, and reapply every 90 minutes or after sweating or swimming.



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**Melanoma is the most dangerous form of skin cancer. It can quickly spread to other parts of the body. Learn the ABCs of melanoma and watch for the signs:**

- A** – Asymmetric in shape
- B** – Border that is irregular
- C** – Color that is uneven
- D** – Diameter that is bigger than a pencil eraser
- E** – Evolving and changing over time



Talk to your doctor if you find any suspicious growths on your child's body. When found early, melanoma can usually be cured.