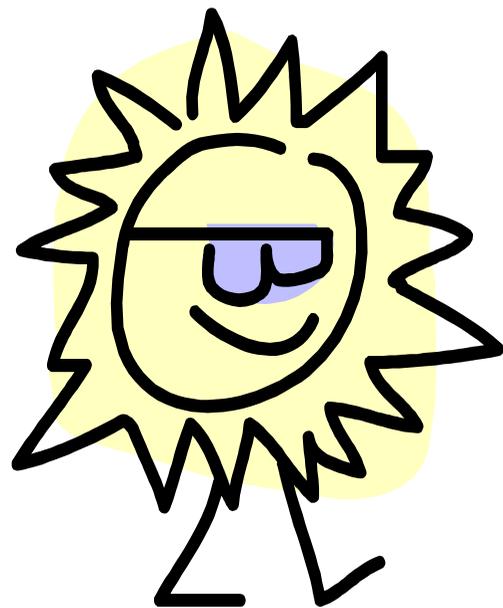


Be a *SunSavvy* Parent



A quick guide to
protect your child
from the sun at
school

Live SunSavvy

Feel free to e-mail any questions to LiveSunSavvy@gmail.com or visit www.skincancerfoundation.com for more information.

LIVE SUNSAVVY-A PROGRAM
DEVELOPED FOR THE FREDERICK
COUNTY PUBLIC SCHOOL SYSTEM

LiveSunSavvy@gmail.com

The Dangers of UV Exposure

How many times is your child exposed to the sun's harmful UV rays during a typical school day?

Between walking to and from the bus stop, recess, gym class and after school sports, your child could be getting more sun than you may be aware.

How can you protect your child?

Live SunSavvy has provided the following simple tips for keeping your child happy and healthy in the sun.



COMMON MISCONCEPTIONS ABOUT SUN PROTECTION

Sunscreen and protective clothing are only necessary during the summer when the sun is strong. Besides, doesn't sunscreen prevent Vitamin D absorption?

FALSE

Sun protection is needed all year round.
UV rays can still be very powerful on cool, overcast days. Vitamin D absorption is NOT hindered by sunscreen.

Dark-skinned individuals cannot burn and have "natural" immunity from sun damage.

FALSE

Even the darkest skin tones can burn. While melanoma is less common in African-Americans, Latinos, and Asians, it is most deadly in these populations and is likely to develop undetected.

One sunburn is no big deal.

FALSE

Even one blistering sunburn during childhood can more than double the risk of developing melanoma later in life.

What You Should Know About the Sun

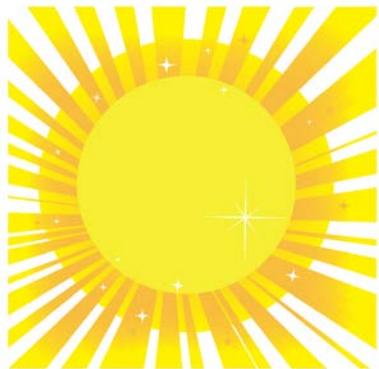
WHAT ARE UV RAYS AND WHY CAN THEY BE DANGEROUS?

Ultra-violet radiation (UV rays) is a form of energy from the sun that penetrates the atmosphere.

Overexposure to these rays can result in **skin cancer**, the most common form of cancer in the United States.

TELL ME MORE ABOUT SKIN CANCER.

- There are two main types of skin



cancer; basal and squamous cell carcinoma and melanoma (the deadliest form of skin cancer).

- Indoor (UV) tanning is NOT SAFE. In fact, it can increase your risk of melanoma by 74%.
- Each year there are more new cases of skin cancer than the combined incidence of breast, prostate, lung and colon cancers.
- One in five Americans will develop skin cancer in their lifetime, often a result of childhood sun damage.

HOW CAN I REDUCE EXPOSURE TO UV RAYS?

There are several ways that you can reduce your exposure to harmful UV rays. Practicing these methods with your family can greatly reduce the risk of

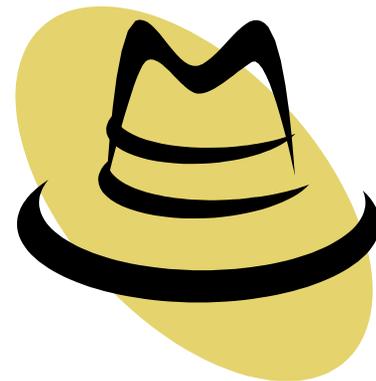
developing skin cancer in the future.

USE SUNSCREEN

Generously apply sunscreen to exposed skin every morning. Less is NOT more. One application of sunscreen should be about two tablespoons. Remember, reapplication before outdoor activities (think gym and recess) is essential-so pack a small bottle of sunscreen for your child's locker or cubby. When selecting a sunscreen, be aware that not all sunscreens are created equal. A waterproof sunscreen complete with broad UVA/UVB spectrum and an SPF of 30 or higher is great for the whole family.

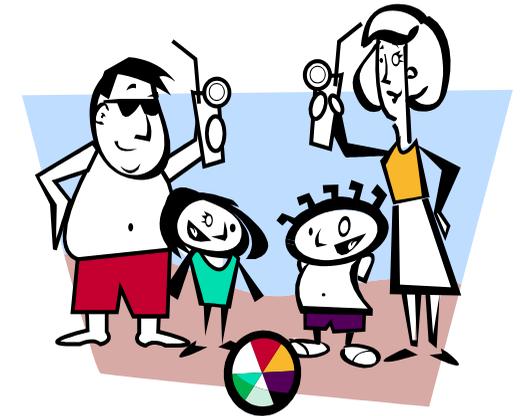
WEAR PROTECTIVE CLOTHING

Sunscreen alone cannot fully protect from UV rays. Cover up with lightweight clothing. Provide your children with brimmed hats and UVA/UVB blocking



sunglasses to protect their face and eyes. Finally, encourage your children to seek shade-filled areas when outdoors, especially during the midday sun.

Explain to your child that excessive UV exposure can cause premature aging, eye damage and skin cancer. The better your child understands the dangers of the sun, the more willing he or she will be to practice smart sun protection.



REMEMBER...

Being *SunSavvy* is a lifestyle that you can practice with the whole family, in and out of school. A *SunSavvy* family is a sun-safe family.

Brought to you by *Live SunSavvy*