

Sun Safety

PROTECTION & SUNSCREEN

While the sun makes us smile, the sun can turn our smiles upside down if we don't do what we can to keep ourselves safe from sunburn or heat injury.

Sun Safety

1. Drink plenty of **WATER**.
2. Take **BREAKS** in the shade.
3. Wear **SUNGLASSES** & a **HAT**
4. Wear clothing to **COVER** skin.
5. Apply **SUNSCREEN** to uncovered skin.



SunScreen

- * Apply 30 minutes before outdoor play.
- * Use SPF 15 or Greater
- * Re-Apply every 2 hours.
- * Repeat after swimming and sweating.

DON'T GET FRIED

Sun rays are stronger between 10 am—4 pm.

UV A & B Rays are able to penetrate the skin.



We Need the Sun

WARMTH & HEAT

HELP PLANTS GROW

& VITAMIN D TO HELP OUR BODIES ABSORB CALCIUM.



School Health Alliance
FOR FORSYTH COUNTY

Keeping students healthy, fit and ready to learn.