

# WORD SEARCH



L L M K D S X S U J  
 G U F F S H S U R A  
 B V X I U A U N N Z  
 V R U H N D N G H G  
 S A L A S E S L K E  
 C Y O T C H C A O H  
 U S D O R C R S M C  
 I N L C E B E S J H  
 V I S Y E Q E E M X  
 R G E Q N G N S I S

SUNGLASSES  
SUNSCREEN

SUNSCREEN  
HAT

SHADE  
UV RAYS



## Learn More and Stay Safe

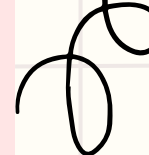
**Ask an Adult:** If you have questions about sun safety, ask a parent or teacher.

**Stay Hydrated:** Drink plenty of water when you're playing outside.

**Have Fun:** Enjoy the sun safely and make great memories!



VISIT [PROTECTTHATGLOW.ORG](https://protectthatglow.org) FOR MORE INFO!



Stay Safe and Have Fun in the Sun!



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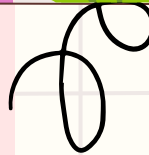
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Stay Safe and Have Fun in the Sun!





## WHY IS SUN SAFETY IMPORTANT?

**The Sun's Rays:** The sun gives us light and helps plants grow, but it also has harmful rays.

**UV Rays:** UV rays can hurt our skin and eyes, causing sunburns and other problems.

**Protect Your Skin:** It's important to protect our skin from too much sun to stay healthy.

## HOW TO STAY SAFE IN THE SUN

### Wear Sunscreen:

- Use sunscreen with SPF 30 or higher.
- Apply it 15 minutes before going outside.
- Reapply every 2 hours and after swimming or sweating.



### Wear Protective Clothing:

- Wear a hat to protect your face.
- Sunglasses protect your eyes from the sun.



### Find Shade:

- Play in the shade when the sun is the strongest (10 AM - 4 PM).
- Use an umbrella or sit under a tree.



## FUN SUN SAFETY TIPS

### Create a Sun Safety Kit:

- Include sunscreen, a hat, sunglasses, and a water bottle.
- Decorate your kit with stickers and your name!

### Be a Sun Safety Superhero:

- Remind your friends to wear sunscreen and hats.
- Help younger kids put on sunscreen and find shade.



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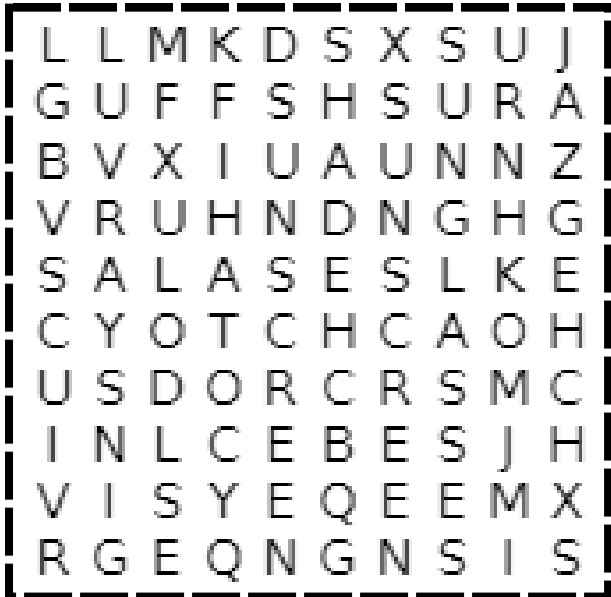


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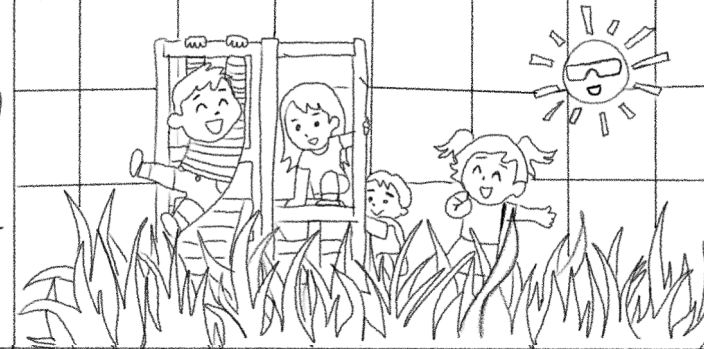
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## SUN SAFETY FOR KIDS

### Stay Safe and Have Fun in the Sun!



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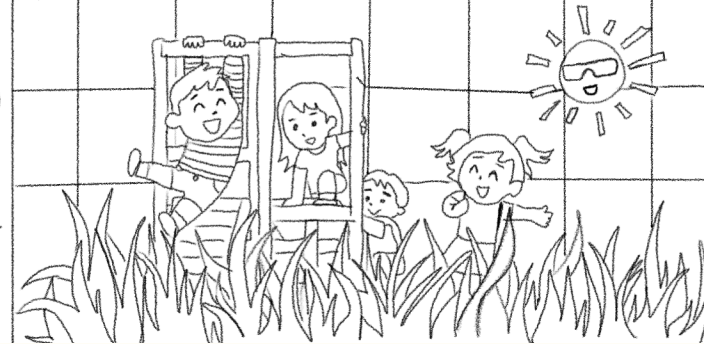
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