

CORA SPENCER ELEMENTARY SCHOOL

SUNWISE TIPS FOR THE BRONCO'S!!

With summer rapidly approaching it is a good time to educate our Bronco's on how to be sun smart! Not only does overexposure to ultraviolet (UV) radiation cause painful sunburns, but it leads to increased risk of skin cancer, premature aging/wrinkling, immune suppression and cataracts! Skin cancer is the most common form of cancer in the United States and it is very preventable!



Sun Wise Action Steps:

- Do not burn! Apply sunscreen SPF 15+ and don't forget to reapply every 2 hours! Also, don't forget to apply sunscreen to ears, feet, eyelids and chapstick with sunscreen to lips!
- Wear Protective clothing such as hats, sunglasses and full-length clothing
- Stay in the Shade when possible
- Avoid sun tanning and tanning beds
- Remember that being near water, sand and snow increases the chances of a sunburn and extra measures should be taken to prevent burning. Use a higher SPF sunscreen and reapply more often.
- Limit your outside time from 10 a.m. until 2 p.m. as the UV rays are strongest during this time frame
- Watch for the UV index and on high UV days elect to participate in indoor activities
- Get an adequate amount of Vitamin D through diet—Dairy products
- For more information on UV index and Ozone Layer go to www.shadefoundation.org

