

What is Important to Remember about Sun Safety !!!

- Everyone is at risk for skin damage from the sun whatever their skin color.
- Avoid sunburn
- Hydrate-drink a lot of fluids when out in the sun
- Cover up until the sun goes down!



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Healthy Athletes



**PLAY
SAFE
IN
THE
SUN!**



**SUN
SAFETY**

DON'T GET BURNED!

Why Is it Important to be Safe in the Sun?

It is so wonderful to be outside on a beautiful day with the sun shining all around you. Have you ever wondered why then some people get sunburned on such a beautiful day? The sun produces powerful rays called ultraviolet rays (UV) that penetrate your skin and cause changes to occur. One of those changes causes the skin to turn red and burn. While some exposure to sunlight can be enjoyable and fun, too much can be dangerous. Overexposure to UV radiation in sunlight can result in a painful sunburn.



Choose Your Cover



What Works Best to Effectively Block the UV Rays?

There are **action steps** that you can follow in all climates and in all locations around the world to stay safe in the sun:

Seek Shade

Whenever possible stay in the shade and stay under cover. The best way to protect yourself is to practice the "shadow rule": when outdoors in the sun, look for your shadow, if you do not see it, get out of the sun. Remember: **"NO SHADOW, SEEK SHADE!"**



Always Use Sunscreen

- Apply a broad spectrum waterproof sunscreen with a sun protection factor (SPF) of at least 15 or higher on your exposed skin. Reapply sunscreen every two hours especially when playing or working outdoors. Waterproof sunscreen can come off when you sweat, have been swimming, or towel off.
- Use lipbalm with a SPF of 15 or higher to protect your lips.

GOT SUNSCREEN!



Wear Sunglasses

Sunglasses that are UVA and UVB coated are the best in protecting your eyes and reducing sun exposure that might cause eye damage.



Shade Your Day!

Wear a Hat

A wide brim hat is best because it covers your eyes, ears, face and the back of your neck. If you do not have a wide brim hat, another hat like a baseball hat is fine as long as you rub sunscreen on your ears, face and neck but not near your eyes.



Limit Time in the Midday Sun

The sun's rays are strongest between 10am and 4pm and less in the early morning and late afternoon. Whenever possible, limit your activities to sun exposure during these hours.



Cover Up

Wear tightly woven, long sleeve shirts and full length clothing if possible. If you place your hand under your shirt and see it through your shirt, then you know the UV rays are passing through as well. Try to wear dark colors when out in the sun.

It's easy to stay safe in the sun!

- WEAR SUN-SAFE CLOTHING
- USE SUNSCREEN (SPF 30 OR HIGHER)
- STAY IN THE SHADE

the sun's aging effects.....

Your skin has a "memory", keeping track of all the sun damage that's accumulated over the years. Even normal, everyday sun exposure can cause lines and wrinkles, making us look years older than we really are.