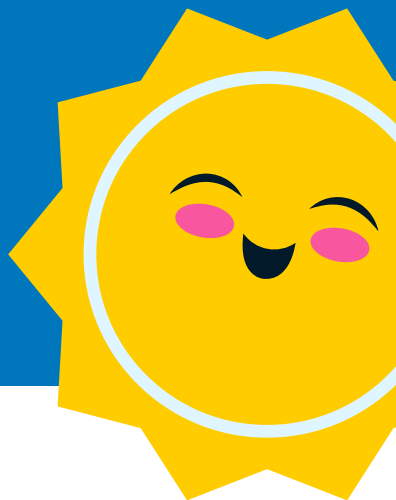


Protect your skin and keep it healthy with the sun safety steps!



Ouch!

A sunburn can hurt your skin and doesn't feel so good.

Turn the page to learn more about the [sun safety steps](#) and get tips on how to take care of your skin.



Sun protection is important for everyone, even if you have darker skin and don't get sunburned easily. The sun's rays can still harm your skin.

Slip, slop, slap and slide

1

Slip on a shirt. Dark, long-sleeve shirts and long pants cover our skin and block some of the sun's rays.



2

Slop sunscreen on the skin that your clothes don't cover. Wear sunscreen every day because the sun's rays reach the earth even when it's cloudy and in the winter.



Sunscreen should be **SPF 30** or higher and **broad spectrum**. It will say that on the bottle.



Slop it back on once every 2 hours while you play outside!



3

Slap on a hat. A broad-rimmed hat will protect your face from the sun.



4

Slide on sunglasses to protect your eyes.



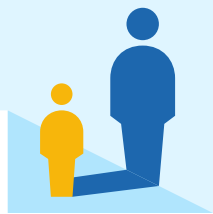
Slip, slop, slap and slide!

Now we're ready to go outside!





Use the shadow rule



Play in the shade between about 10:00 am and 4:00 pm when the sun's rays are strongest.

Use the **shadow rule** to help you:

- ➔ If your shadow's shorter than you are, the sun's really strong and you should go play in the shade.
- ➔ If your shadow's taller than you are, you're ok to play. But remember to always: **Slip on a shirt, slop on sunscreen, slap on a hat, and slide on sunglasses!**



Check your skin

To make sure your skin stays healthy, you and your parents should check it once a month. Use the **ABCDE method** to know what to look for!

Check for moles or spots that:

Asymmetry



Look uneven (one half doesn't match the other)

Border



Have irregular (crooked) edges

Color



Are more than 1 color

Diameter



Are larger than a pencil eraser (about 6mm)

Evolving



Change or grow, especially in height



If you find any new or changing moles or spots, or anything else you're worried about, get it checked by your doctor.



Many people have moles and spots, and most of the time, they are nothing to worry about.

Here's what normal moles look like:

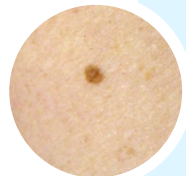
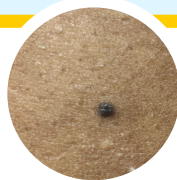


Image credit: Sofia Chaudhry, MD and Summer Youker, MD