



Teaching Sun Smarts

Free Curriculum

<http://health.utah.gov/ucan/cancer/schools.htm>

- Elementary school fact sheets
- Sun Safety activity lesson plans
- Sun Guy outtakes and clips
- Sun Guy coloring sheets
- Newsletter inserts
- EPA's Sunwise program



Practicing Sun Smarts:

- **Limit Time in the Midday Sun:** The sun's rays are strongest between 10 a.m. and 4 p.m.
- **Slip on a Shirt:** Wearing tightly woven, loose fitting and full-length clothing is a great way to protect yourself from UV rays.
- **Slap on a Hat:** Cover your head with a wide-brimmed hat, shading your face, ears, and neck.
- **Wear Sunglasses:** Sunglasses that provide 99-100% UVA and UVB protection will decrease your chances of getting cataracts.
- **Slop on Sunscreen:** Apply a broad spectrum sunscreen with an SPF of at least 15 or higher 20 minutes before going outside. Reapply every 2 hours when outdoors.
- **Seek Shade:** Practice the shadow rule - If your shadow is shorter than you, the sun's rays are at their strongest.
- **Avoid Tanning Beds:** There's no such thing as a healthy tan. Rays from a tanning bed are just as dangerous as the sun's natural rays.



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