



GIRL SCOUTS SUN SAFETY PATCH ARTICLES

Daisies Brownies (Grades K-3)

Everyone loves to be outside with friends. In the summer, it's fun to play outside and to go swimming or ride a bike. Sometimes if you're outside in the sun too long, you can get a sunburn. Have you ever had a sunburn? They can hurt, and anyone can get a sunburn! Not only can they cause you pain for several days, but they also can hurt your skin forever. Sometimes sunburns can cause skin cancer as you get older. No one wants to get skin cancer.

Did you know that you can prevent sunburns? It's true. You can help prevent sunburns by doing these three things.

1. Always protect your skin. One way is to wear sunscreen. It is important to wear sunscreen whenever you spend time outside. Doctors recommend using sunblock with a sun protection factor (SPF) of 30 or higher.
2. Don't swim or play outside in direct sunlight from 10AM to 2PM. The sun's rays are the most powerful at that time. If you are outside during these times, wear sunscreen and play under shade.
3. Cover your skin. You can wear a hat to protect your head. Long-sleeved shirts and long pants can protect your arms and legs. Sunglasses can protect your eyes.

It's easy as 1-2-3 to be sun safe!!

Learn more about sun safety and skin cancer prevention at:

www.outrunthesun.org

Note to leaders or parents: Some people may be allergic to sunscreen or prefer using natural sunscreens. There are sunscreens available that are mineral based, which may cause fewer allergic reactions. These products sit on the surface of the skin and reflect UV radiation. Please see a dermatologist for specific information. It is still easy to protect skin by wearing sun-protective clothing and spending time in the shade.