

Name

Class _____ Date _____

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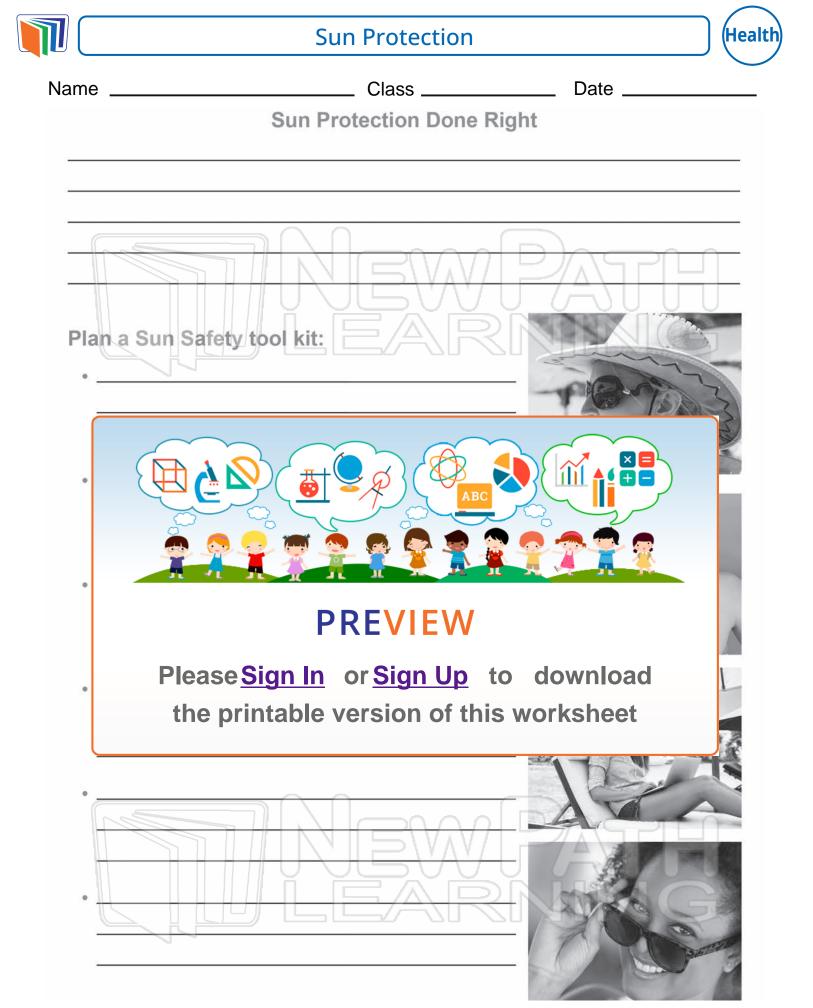
Sun Protection Done Right

Depending on your favorite outdoor activity, you may need a helmet, a ball, or a bat, but you **always** need **sun protection**. It's just another part of your gear! For greatest protection, use more than one way to protect yourself from the sun, such as shade, clothing, a hat with a wide brim, sunglasses and sunscreen.

ííí **PREVIEW** Please Sign In or Sign Up to download the printable version of this worksheet You'll need to reapply as needed. Make sure it has a Sun Protection Factor (SPF) of at least 15 and is labeled as broad spectrum. Cover up. Clothing can provide great protection from the sun. Long-sleeved shirts, pants, and long skirts offer the best protection.

Seek shade. The sun's rays are strongest during the middle of the day, from about 10 am to 4 pm. If you are going to be outside during midday, try to stay in the shade as much as possible.





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