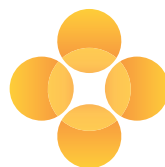


Kids

ENJOY FUN
IN THE SUN

safely

THE SUN IS
ESSENTIAL FOR
LIFE ON EARTH



mpa

MELANOMA PATIENTS AUSTRALIA

www.melanomapatients.org.au

ENJOY FUN IN THE SUN *safely*

THE SUN IS ESSENTIAL
FOR LIFE ON EARTH.

How do I protect my skin?

This book will show several ways you can protect your skin from harmful UV rays. Sunscreen, protective clothing and shade can help keep you safe.

What are UV rays?

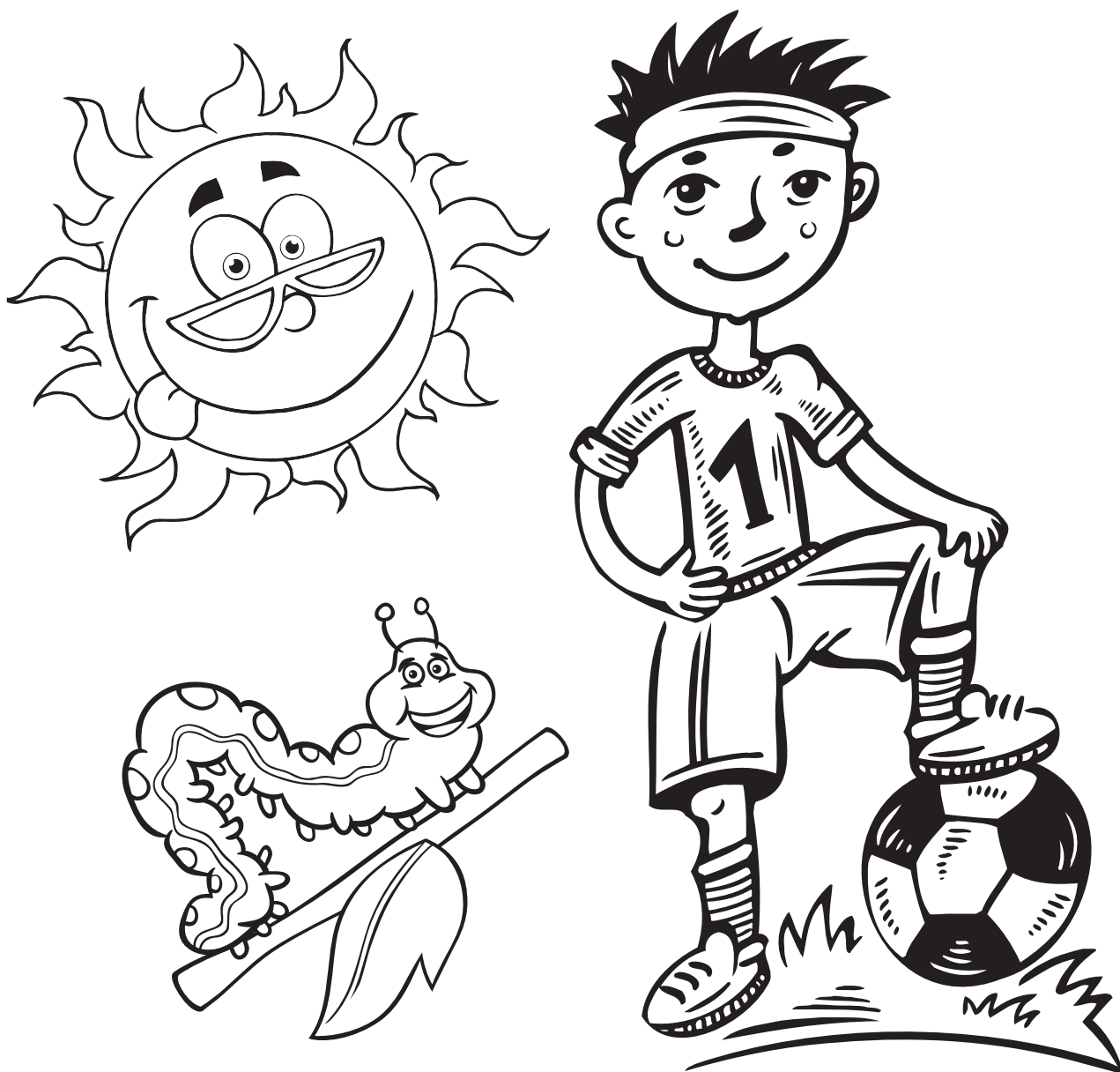
UV stands for “ultraviolet,” a type of energy that comes from the sun. UV rays are present any time the sun is shining, even on cloudy days. Luckily, you can protect your skin from too much harmful UV exposure.

What is melanoma?

Melanoma is a type of cancer that usually affects the skin. One of the main causes of melanoma is too much UV exposure.

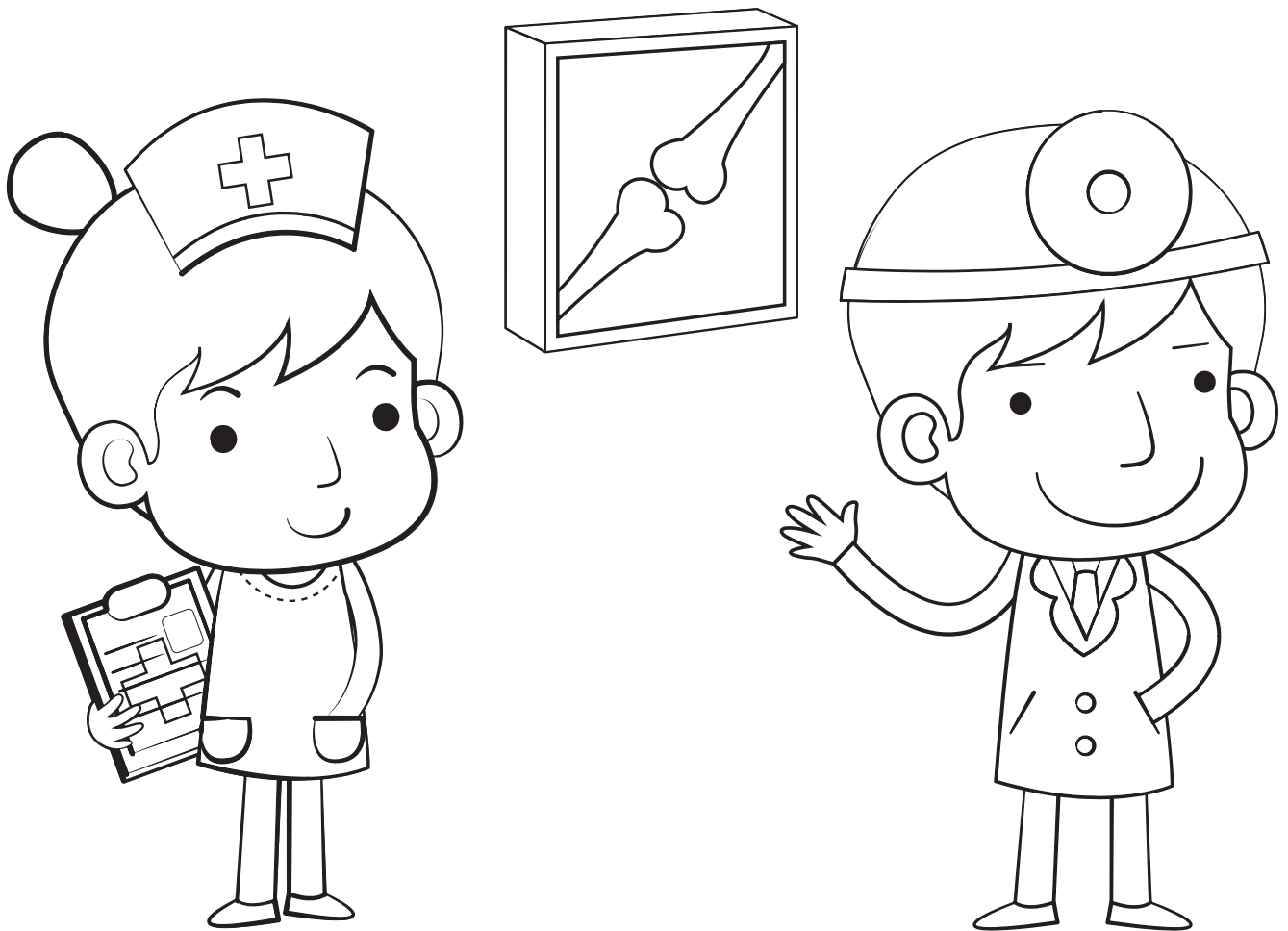
Keep reading to learn some fun facts about the sun and how to enjoy it safely!

THE SUN IS ESSENTIAL TO **ALL** LIFE ON EARTH.



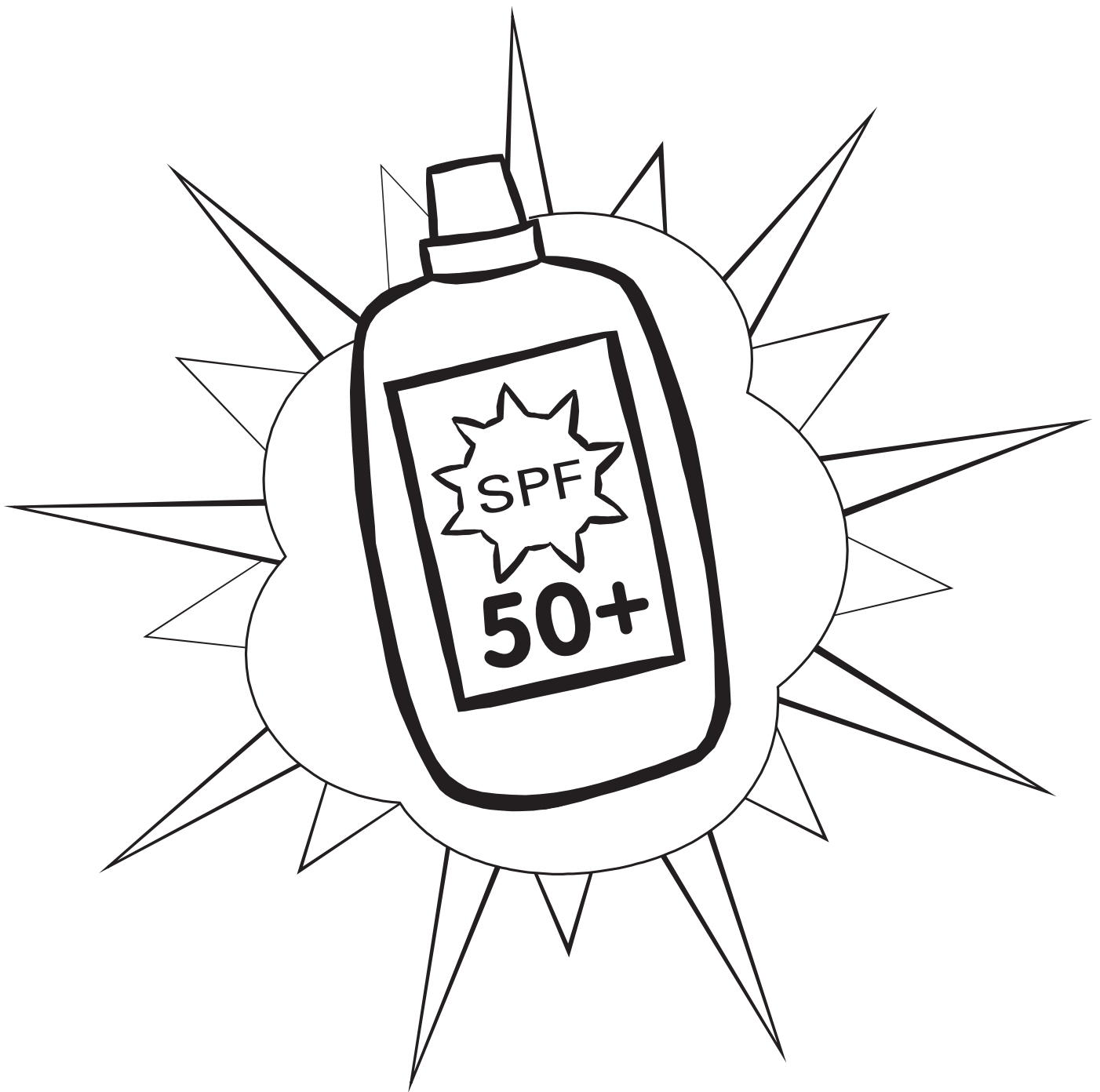
Even though the sun is essential, limit your exposure to the sun when UV level is more than 3. This can be early in the morning in some areas.

THE SUN HELPS YOUR BODY PRODUCE VITAMIN D.



Vitamin D is important for good overall health and strong, healthy bones.

ENJOY THE SUN SAFELY!



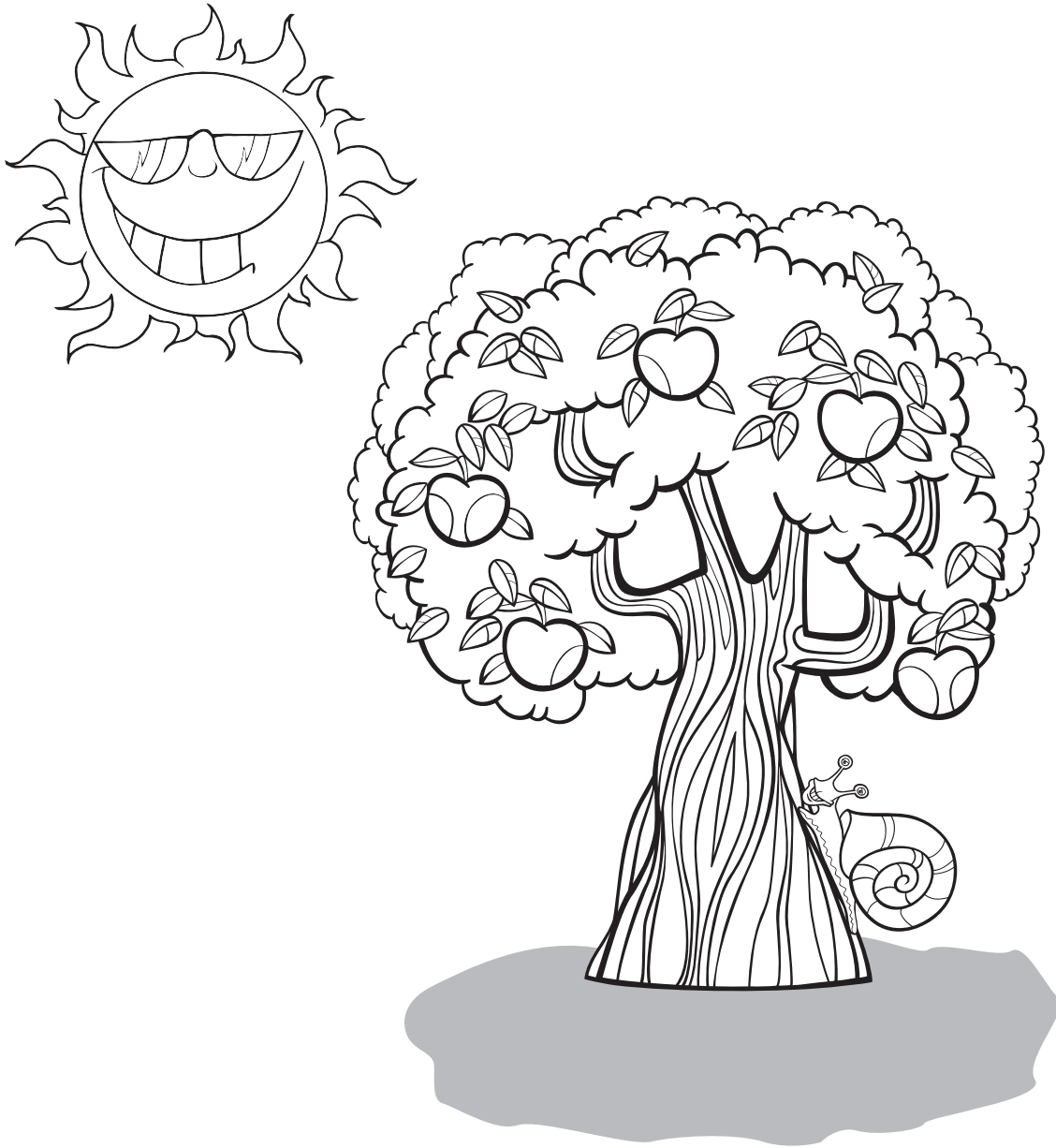
Use broad spectrum sunscreen of SPF 50+ every single day.

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Wear a hat to keep UV rays from reaching your face, ears and neck.

ENJOY THE SUN SAFELY!



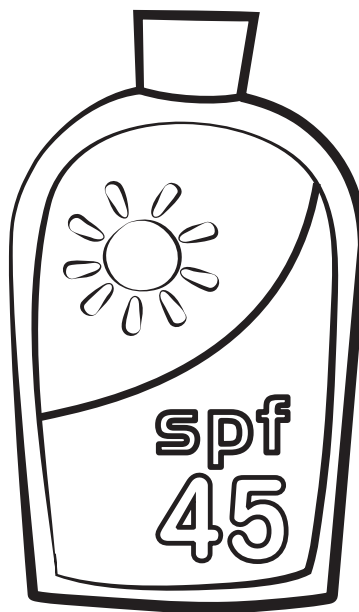
A tree or an umbrella can provide shade to protect your skin from the sun.

ENJOY THE SUN SAFELY!



Wear sunglasses to protect your eyes from too much UV exposure. Pants and long sleeves can also protect your legs and arms.

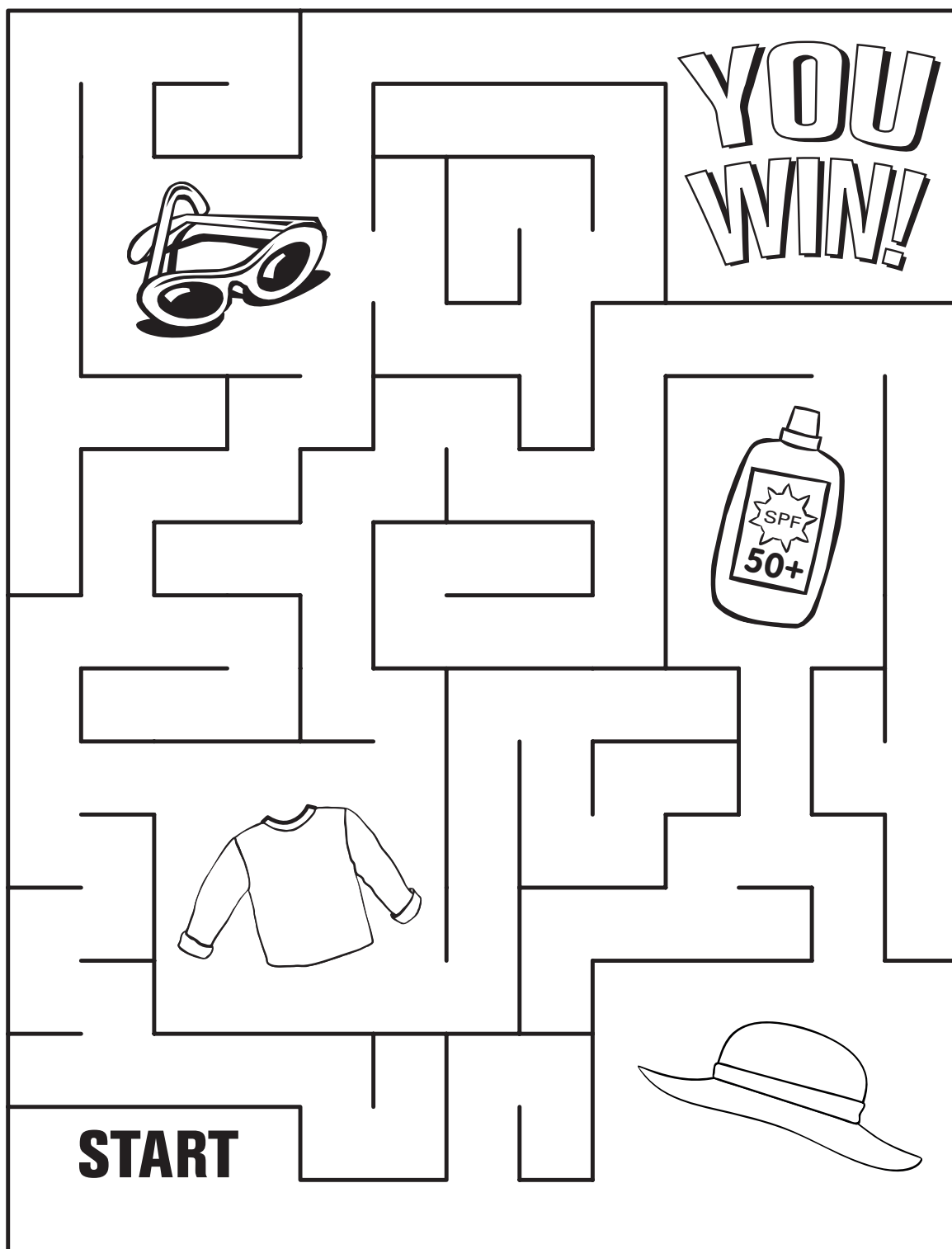
Sunscreen is one way to protect your skin from harmful UV rays.



Use broad spectrum sunscreen with an SPF 50+. Circle the sunscreen bottles that will help protect your skin the best.

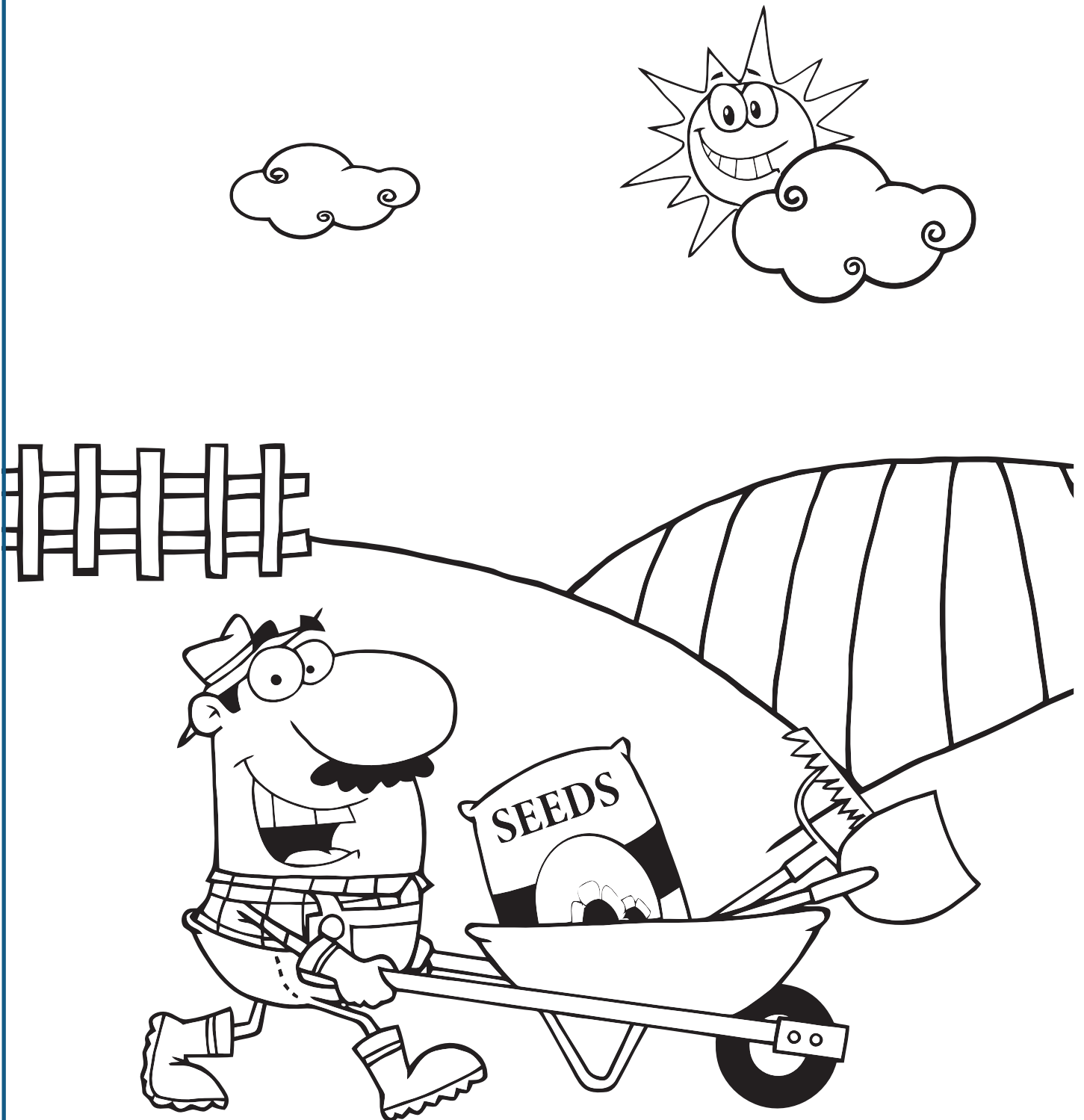


What types of UV protection are shown here?



Find your way through the maze, picking up important sun-safe items along the way.

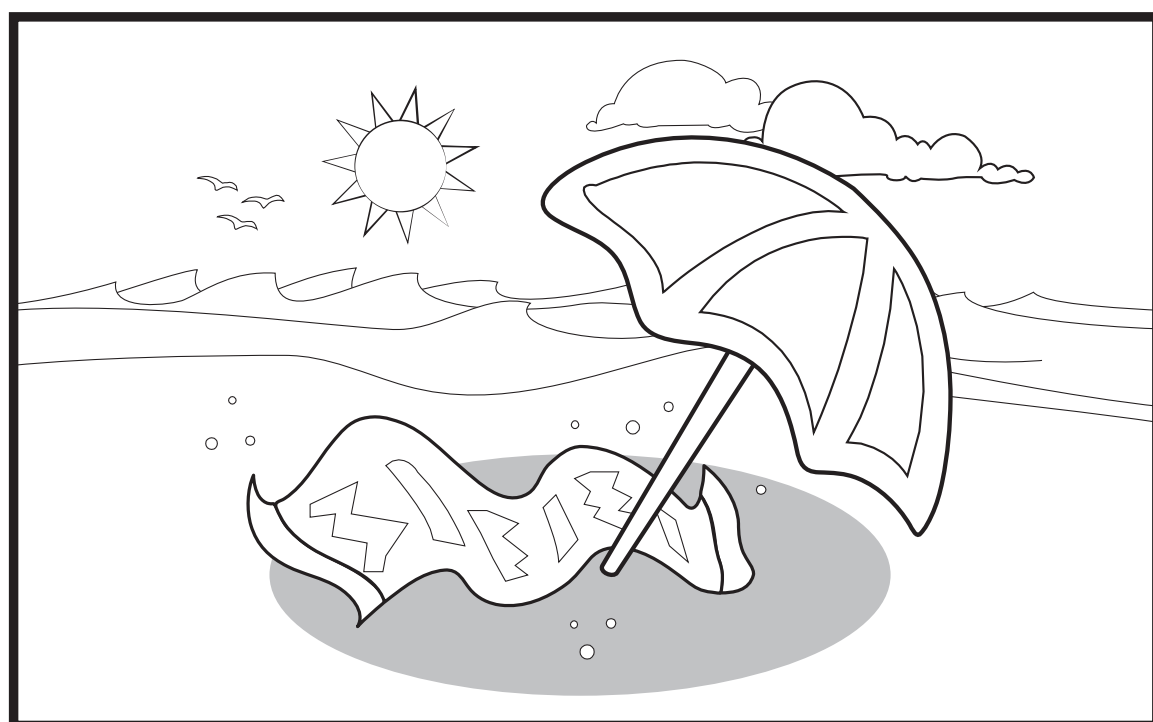
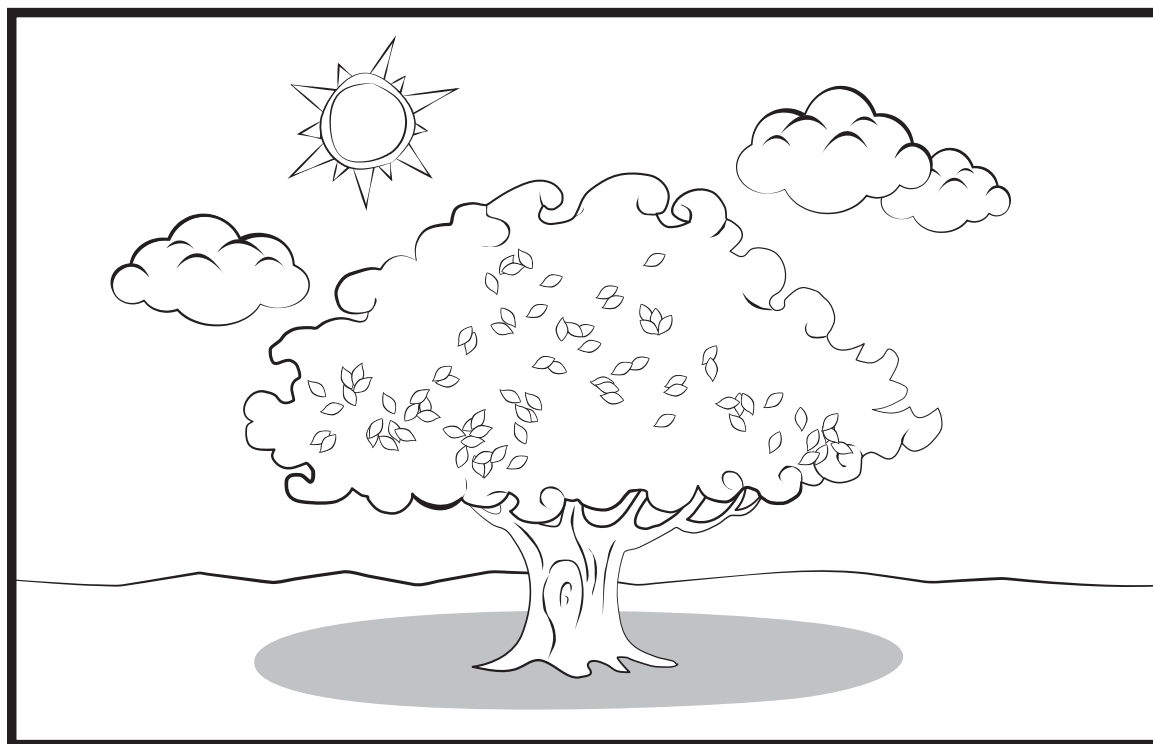
ENJOY THE SUN SAFELY!

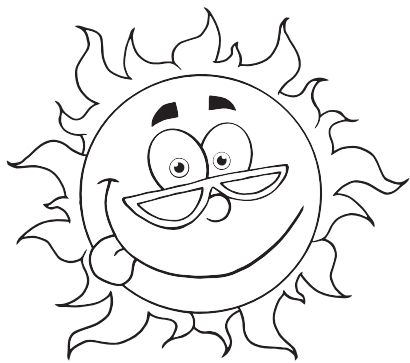


ENJOY THE SUN SAFELY!

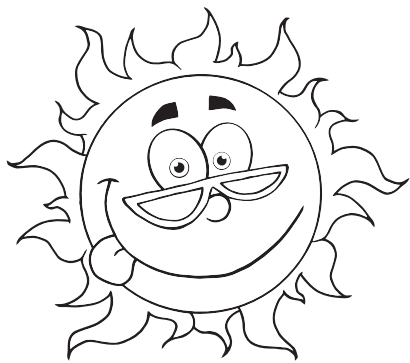


ENJOY THE SUN SAFELY!

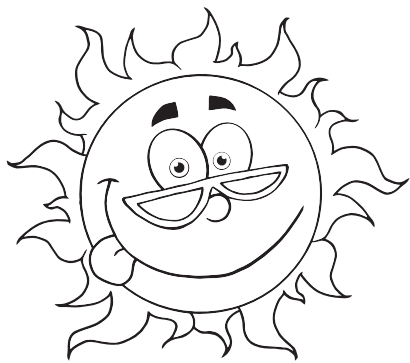




Draw your own sun safe picture here!



Draw your own sun safe picture here!



Draw your own sun safe picture here!



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