

How to be SunSafe:

1.) Wear UVA/UVB sunscreen - at least SPF 15!



2.) Don't forget to reapply every 2 hours and after being in the water!



3.) Wear a hat, shirt, other protective clothing, and sunglasses

4.) Seek shade 11am-3pm



5.) Drink plenty of water



6.) Have fun *and* be SunSafe!

Parents, remember that your children do what you do. Be a SunSafe role model!

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How strong are my rays? Listen to the radio, look in the paper, or visit www.weather.com for the UV Index.

The UV Index is 5-9 on sunny spring, summer, and fall days in NH and VT. Water, sand, and snow reflect and intensify rays.

UV Index Number	UV Exposure Level	Minutes to Skin Damage
7-9	High	10-20
5-6	Moderate	20-30
3-4	Low	30-40
0-2	Minimal	>60

SunSafe in the Middle School Years
 Norris Cotton Cancer Center
<http://sunsafe.dartmouth.edu>
 middleschool@dartmouth.edu



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