

Best way to protect yourself from the sun?

REMEMBER YOUR ABC'S!



A is for Away.

Look for shade between 10am and 4pm because this is when the sun's rays are the strongest. Have you ever looked at your shadow and noticed that it was long or short depending on the time of day? If your shadow is shorter than you are, it's time to get out of the sun.

B is for Block.

To block the sun, but not the fun, slather on sunscreen. Make sure you cover every inch of your skin with sunscreen, especially those areas the sun will see. Ask your parents or a friend to put sunscreen on those hard to reach areas and don't forget your lips. Put on sunscreen about 15 to 30 minutes before going outside. It only takes a few minutes.



Your parents can help you buy a sunscreen that has a high SPF, which stands for Sun Protection Factor. Look for one with an SPF number of 30 or higher. It will say on the front of the bottle what the sunscreen's SPF number is.

Sunscreen wears off, so put more on after swimming or sweating. Sunscreens rub off as well as wash off, so if you've dried off with a towel, be sure to reapply your sunscreen.



C is for Cover up.

Long-sleeved shirts and pants can help keep the sun off your skin. Hats, especially those with a really large brim all the way around, more than a baseball cap, are great because they keep the sun off your face, ears and neck. Sunglasses protect your eyes and the skin near your eyes.

Source: American Academy of Dermatology, See Skin Cancer Presentation Outlining the Facts.



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