

Stay Safe in the Sun

by Rachelle Kreisman

The day is sunny. You go outside to play. Wait! Are you sun-safe? The sun's rays are strong. They can hurt your skin and eyes.

Put on sunscreen first. It should have an SPF of 30 or more. You can find the number on the bottle. Rub the sunscreen all over your skin. Do not forget your ears and feet!

Clothes help block the sun's rays. Try to wear a shirt with long sleeves. Wear a hat and sunglasses, too.

How else can you stay sun-safe? Play in the shade. Shade is an area where the sun's rays are blocked. Find shade under a tree or a beach umbrella.

