Protect Kids from the Sun

Pre-reading

Questions:
• Can the sun be harmful?
• Why do we need to protect our children from the sun?

Definitions:
• Public Health Office – an office that provides low cost or free health care to the public
• Expose – to leave open, or without protection
• Risk – a chance of loss or harm
• Sun Protection Factor – a number on the sunscreen bottle, the higher the number the greater the protection
• Brim – an edge or rim of a hat

Reading

Monica’s sister, Raquel, has skin cancer. Monica and Raquel are looking for information on skin cancer. They go to the Public Health office. The nurses at Public Health can help.

Monica asks how Raquel got skin cancer. The Public Health nurse said skin cancer is usually caused by over exposure to the sun. Too much sun can damage your skin. Sunburns are very harmful. A sunburn can double your risk of getting skin cancer.

They asked how to protect their children. The nurse gave them information to read. The information said adults and children need to protect themselves from the sun. Parent’s should:

♦ Keep kids out of the sun from 10 a.m. to 4 p.m. if possible.
♦ Apply sunscreen with a SPF of 15 or greater. SPF stands for Sun Protection Factor.
♦ Put the sunscreen on your children thirty minutes before they go outside.
♦ Reapply sunscreen every two hours.
♦ Have kids play or stay in the shade when possible.
♦ Cover up kids. Have kids wear long pants and shirts with sleeves.
♦ Have kids wear a wide brim hat. It keeps the sun off their face and neck.

Parents need to protect themselves, just like they protect their kids from the sun.

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**Understanding**

1. What does SPF stand for? ____________________________________________________________
   ____________________________________________________________

2. What can kids and adults wear to protect themselves from the sun? ________________
   ____________________________________________________________

3. Where did Monica and Raquel get the information? ___________________________
   ____________________________________________________________

4. How often should you reapply sunscreen? _________________________________________
   ____________________________________________________________

5. What time of the day should you keep kids out of the sun? _______________________
   ____________________________________________________________

**Writing**

**Choice A:** Do you enjoy being out in the sun? If so, how can you protect yourself from the sun?

**Choice B:** In your own words, summarize what you know about keeping children safe in the sun.

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