FEEL LIKE SIZZLING?

That's what you're doing when **you don't cover up in the sun.**



Why?

Because the OZONE LAYER — the Earth's protective shield against the sun's harmful UV rays — is thinner today than it was 25 years ago.

Why is that dangerous?

Because today's more intense UV rays can cause:

- Skin cancer (which can kill you)
- Premature wrinkling
- Eye damage
- Weakening of the immune system (which keeps us from getting sick).

You say this doesn't apply to you?

YOU'RE WRONG.

It doesn't matter what your skin color is — everyone needs protection.

Here's what you can do:

- Do Not Burn
- Avoid Sun Tanning and Tanning Beds
- Generously Apply Sunscreen
- Wear Protective Clothing, Including a Hat, Sunglasses and Full-Length Clothing
- Seek Shade
- Use Extra Caution Near Water, Snow and Sand
- Watch for the UV Index
- Get Vitamin D Safely

Early detection of melanoma can save your life. Carefully examine ALL of your skin once a month. A new or changing mole in an adult should be evaluated by a dermatologist.

Are You SunWise or SunFoolish?

True or False?

1. The thicker the ozone layer, the more it protects us from the sun's ultraviolet rays.
2. Chlorofluorocarbons (CFCs) are chemicals that are eating away at the ozone layer.
3. Sun protection isn't needed on cloudy days because clouds block ultraviolet rays.
4. I can get a safe tan in a tanning parlor.
5. Early morning and late afternoons are the worst times for exposure to UV rays.

Answers: 1-T, 2-T, 3-F, 4-F, 5-F

Don't Wait 'Til It's Too Late –

Be SunWise NOW

www.epa.gov/sunwise

EPA United States Environmental Protection Agency

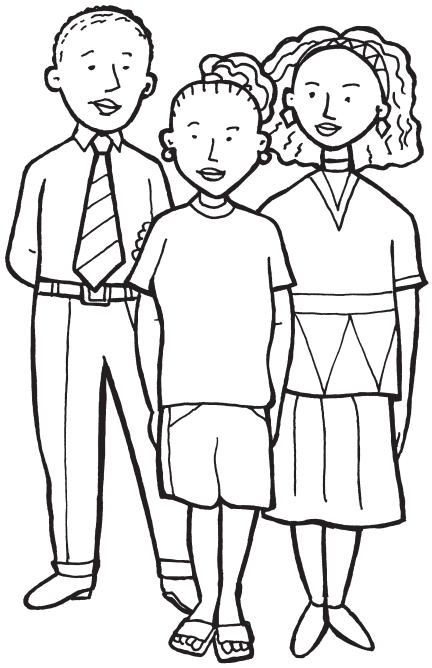
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Air and Radiation
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Hello Family!



Did you know …

… that **much of your child's lifetime sun exposure** can occur before he or she graduates from high school?

… that any change in the natural color of your child's skin after time outside indicates damage from the sun's ultraviolet (UV) rays?

… that all people, regardless of skin or eye color, are equally at risk for eye damage from overexposure to the sun?

The Environmental Protection Agency's SunWise Program needs you to help reinforce the important sun safety messages your child is learning in school. You can help your son or daughter learn the difference between being **SunWise** and **SunFoolish** by…

- Being SunWise yourself! Children learn from the behavior you model.
- Always having and using a sunscreen with a Sun Protection Factor (SPF) of at least 15. Make sure a bottle of SPF 15+ sunscreen is easily available year-round. It's not just for days at the beach!
- Reminding your children to follow these SunWise action steps:



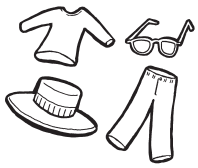
Do Not Burn



Avoid Sun Tanning and Tanning Beds



Generously Apply Sunscreen



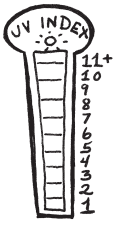
Wear Protective Clothing, Including a Hat, Sunglasses and Full-Length Clothing



Seek Shade



Use Extra Caution Near Water, Snow and Sand

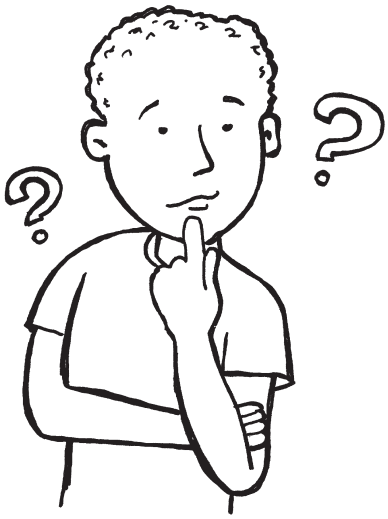


Watch for the UV Index



Get Vitamin D Safely

SunWise SunScramble



Unscramble the circled letters to find the SunWise word:

Cross Word Puzzle Clues

ACROSS:

1. Overexposure to the sun can cause skin cancer, eye damage, and these
2. UV stands for _____.
3. A natural source of sun protection
4. Naturally occurring gas that is found in two layers of the atmosphere
5. Type of dangerous ultraviolet radiation associated with sunlamps in tanning parlors

DOWN:

1. The gas from CFCs that attacks ozone
2. EPA school program that promotes sun safety
3. _____ may reduce UV levels, but not completely
4. Eye damage that occurs as a result of sun overexposure
5. The most serious form of skin cancer



Answers:

ACROSS:
1. wrinkles
2. ultraviolet
3. shade
4. ozone
5. UVA

DOWN:
1. chlorine
2. SunWise
3. clouds
4. cataracts
5. melanoma

SCRAMBLE: Sunscreen

Are you **SunWise** or **SunFoolish?**

TRUE OR FALSE?

1. The thicker the ozone layer, the more it protects us from the sun's ultraviolet (UV) rays. . . . . **True** **False**

2. Chlorofluorocarbons (CFCs) are chemicals that are eating away at the ozone layer. . . . . **True** **False**

3. Ozone layer damage is permanent. . . . . **True** **False**

4. Sun protection isn't needed on cloudy days because clouds block ultraviolet rays. . . . . **True** **False**

5. I can get a safe tan in a tanning parlor. . . . . **True** **False**

6. Early morning and late afternoons are the worst times for exposure to UV rays. . . . . **True** **False**

7. UV rays are blocked by cold weather. . . . . **True** **False**

8. African Americans and Latinos don't need to worry about sun damage to their skin. . . . . **True** **False**

9. UV rays can damage your eyes. . . . . **True** **False**

10. A blistering sunburn when you're young can greatly increase your risk of skin cancer. . . . . **True** **False**

11. You should always choose sunscreen with a Sun Protection Factor (SPF) of 15 or greater . . . . . **True** **False**

12. The key to protecting your skin and eyes is to keep them covered. . . . . **True** **False**

ANSWERS: 1-T, 2-T, 3-F, 4-F, 5-F, 6-F, 7-F, 8-F, 9-T, 10-T, 11-T, 12-T

1. TRUE – Ozone in the upper atmosphere (stratosphere) blocks harmful ultraviolet rays; if it's too thin, more UV rays can slip through. Don't confuse stratospheric ozone with ground-level ozone, a primary component of smog. Remember, "Ozone: good up high, bad nearby."

2. TRUE – Ozone-depleting chemicals such as CFCs can be found in air conditioners, refrigerators and other places. When these chemicals leak into the atmosphere they damage the ozone layer, making it thinner so it doesn't block as many harmful UV rays.

3. FALSE – The ozone layer is expected to repair itself in the latter half of the 21st century if the United States and over 189 countries that signed the Montreal Protocol continue to fulfill their obligations to stop producing and using chemicals that deplete ozone.

4. FALSE – Clouds only block a portion of harmful UV rays. You still need to protect yourself on cloudy days.

5. FALSE – Sunlamps in tanning parlors emit UVA rays, which are linked to serious health effects such as skin cancer. There is no such thing as a safe tan! Any change in your natural skin color is a sign of skin damage.

6. FALSE – The middle of the day (between 10:00 a.m. and 4:00 p.m.), when the sun is most intense, is the worst time for sun exposure.

7. FALSE – It doesn't matter whether it's summer, fall, winter or spring, UV rays can harm you all year round. Don't wait for a hot, sunny day at the beach to protect yourself. Remember that UV rays are not associated with the sun's heat or brightness.

8. FALSE – Though it is true that darker skin has more natural pigment, which acts as a protectant, darker skin is still susceptible to many of the damaging effects of UV radiation.

9. TRUE – UV rays can increase your risk of cataracts, which, if left untreated, can rob you of your vision.

10. TRUE – Doctors have discovered that you are much more likely to get skin cancer if you've had a bad sunburn.

11. TRUE – Sunscreens that are less than SPF 15 simply don't cut it, so why settle for something less that doesn't give you good protection? Be sure to reapply the sunscreen every 2 hours or after swimming or sweating.

12. TRUE – Sunscreen, long-sleeve shirts, hats and UV-blocking sunglasses do a much better job at sun protection than baby oil, tank tops, and no hat or sunglasses.

HOW DID YOU DO?

Give yourself 1 point for each correct answer. If you scored…

10–12 points:
YOU'RE SUNWISE! Make sure you use your "SunWisdom" when you're outside!

6-9 points:
YOU'RE SUN-SO-SO. You know some of the basics, but need some brushing up.

0-5 points:
YOU'RE SUNFOOLISH. Watch out – what you don't know CAN hurt you!

SunWise Facts



How Can Too Much Sun Harm You?

It's fun to play in the sun, but did you know that too much sun can be dangerous?

- If you've ever had a painful sunburn, you've experienced one of the harmful effects of overexposure to the sun's ULTRAVIOLET (UV) RADIATION.
- In addition to causing premature and excessive wrinkling of the skin, overexposure to UV can cause more serious health effects, too, such as skin cancer and eye damage, including cataracts.
- Young people are particularly at risk if appropriate precautions are not taken, because much of the average person's lifetime exposure can occur before the age of 18.
- The good news is that UV-related health effects are largely preventable by establishing sun protection habits while you're young and staying sun-safe throughout your life.

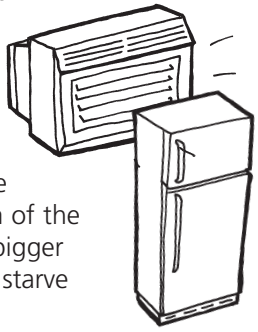
Why Is Being SunWise Even More Important Now Than When Your Parents Were Your Age?



To answer this question, you need to know a little about the earth's environment.

The OZONE layer is a thin shield in the atmosphere that protects us from the sun. It wraps all the way around the Earth, and can be found about 6 to 30 miles straight up.

As long as humans have been on Earth, the OZONE layer has blocked much of the sun's dangerous UV rays from reaching us, and it continues to keep most UV RADIATION from harming life on the planet.



The ozone layer's biggest enemies are chemicals used in air conditioners, refrigerators, and other common products. The CHLORINE or BROMINE in these chemicals eats away at the ozone layer. As the OZONE layer gets thinner, more and more harmful UV RAYS reach the Earth's surface. That's not only bad for humans, but also for plants and animals. It can cause a chain reaction among many things that live and breathe in the oceans or on land: if tiny fish and plants that are on the bottom of the food chain are destroyed or damaged by the UV RADIATION, bigger fish and animals that rely on these smaller things for food could starve and die, too.



Humans are taking steps to reduce the amount of ozone-depleting chemicals that leak into the atmosphere. This should help "repair" the ozone layer, but unfortunately that could take years. In the meantime, the OZONE LAYER is thinner, and more harmful UV RAYS are reaching you than when your parents were your age.

SO WHAT CAN YOU DO?

Don't Wait 'Til It's Too Late – Be SunWise Now!