



## Outdoors, Active, and Sun-Safe

Running, jumping, and playing outside with other children is a great way to release energy while promoting fitness. Young children need freedom to play actively for at least an hour every day – and more playtime is even better! Children also need sunshine, the main source of vitamin D which helps our bodies absorb calcium.

When planning outdoor play time, try to avoid exposure during the “peak sun hours” when the sun’s rays are strongest and can more quickly burn skin or cause other skin damage. The most intense sun rays reach the earth from about 10:00 AM until 4:00 PM. Help children stay sun-safe:

- ✓ Stay in the shade. Look for dense shade from large leafy trees, awnings, picnic shelters, and shadows of buildings.
- ✓ Wear cover-up clothing, hats, and sunglasses.
- ✓ Apply SPF 30 sunscreen to exposed skin about 20 minutes before going outside.
- ✓ Check the daily heat index and UV index for your area. Take extra sun-safe precautions on days with high indexes or warnings.

Skin damage from the sun, especially during childhood, can lead to wrinkles, premature skin aging, and skin cancer, including life-threatening melanoma.

The sun rays reach the earth, even during cool weather and on cloudy days. The sun’s ray can also reflect off water, snow, and ice to cause skin damage.

Practice sun safety, every day, all year long.