



Stay in the Shade

A big leafy tree provides welcome shade and makes playtime more fun on a sunny day. Shade provided by trees, canopies, awnings, or the shadow of a building keeps children cool while protecting their skin and eyes from UV rays.

Staying in the shade is most important during the sunniest part of the day. The sun is highest in the sky and has the strongest and most damaging rays from about 10:00 AM until 4:00 PM.

- ✓ Look for dense shade; that is, solid shade with very few patches of sunlight. Buildings, picnic shelters, porches, and large leafy trees provide dense shade.
- ✓ Set up portable shade structures such as umbrellas, tents, and tarps. If possible, build permanent shade structures such as porches, picnic shelters, or fabric shade canopies.
- ✓ Plan for the future by planting fast-growing broad-leafed trees in play areas.

Children also should be shaded from indirect sunlight. 10 percent of the sun's rays can be reflected onto children from sand or cement. Water can reflect 20 percent, and snow and ice can reflect over 80 percent of UV rays! Look for large shady areas, preferably near grassy or other non-reflective areas. Remember, the sun's ray can cause skin and eye damage even on cloudy or cool days.

Practice sun safety, every day, all year long.