Maggie's Health Tips



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Do you know how to stay safe in the summer sun?

Each year, 300 kids in the United States get skin cancer. Being a magnolia flower, I have to take extra care of my skin when I'm outside in the sun – especially in the summer. I stay safe in the sun when I *SLIP, SLAP, SLOP* and *WRAP*:

Slip on a shirt. Less skin exposed means less skin damage.

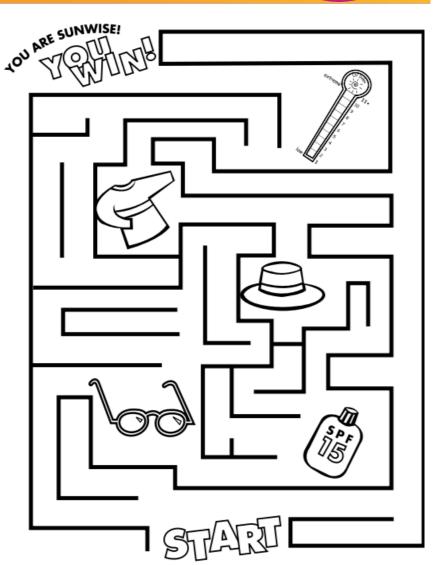


Slop on sunscreen. Twenty minutes before heading outside, apply a lot of SPF 30 or higher sunscreen, then reapply every 2 hours or after swimming or sweating.

Slap on a hat. Find a hat you like and wear it.

Wrap on sunglasses. Look for ones that block 99–100% of UVA and UVB rays.





What kind of sunscreen should you use?

Sunscreens help stop the sun's ultraviolet (UV) radiation from reaching the skin. Two types of ultraviolet radiation, UVA and UVB, damage the skin and increase your risk of skin cancer.

Your caregiver should buy sunscreen with an SPF of 30 or higher. Put it on about 15 to 30 minutes before you go outside. Don't forget about ears, hands, feet, shoulders, and behind the neck. Lift up bathing suit straps and apply sunscreen underneath them. Sunscreen should be reapplied every two hours or even more if you swim or sweat.



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Nếu quý vị, hay người mà quý vị đang giúp đỡ, có câu hỏi về Magnolia Health, quý vị sẽ có quyền được giúp và có thêm thông tin bằng ngôn ngữ của mình miễn phí. Để nói chuyện với một thông dịch viên, xin gọi 1-866-912-6285 (TTY/TDD 1-877-725-7753).