

# 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 re-apply 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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YOU ARE SUNWISE!  
YOU WIN!

