

# Maggie's Health Tips



Volume 3 June 2018

## Play it safe in the sun.

School is out and the weather is warm. If you're like me, Maggie, I love playing outside. But, if I'm not careful, my delicate skin can turn red and burn in no time.

The sun is usually our friend. It keeps us warm. It makes flowers and plants grow. It even gives us vitamin D so we can better absorb calcium into our bodies for strong bones.

Sunburns look bad and feel worse. They can cause blisters on your skin. They increase your chance of getting wrinkly when you get older. And worst of all, they can lead to skin cancer when you are an adult. Because getting wrinkles and getting sick don't happen right away, they can seem like things that could never happen to you. But you still need to be careful.

Here are some tips:

- Always wear sunscreen.
- Take breaks from the sun often, by going indoors or moving into the shade. Sunscreen and taking breaks from the sun are very important between 10 a.m. (in the morning) and 4 p.m. (in the afternoon), when the sun's rays are strongest.
- Use a sunscreen with an SPF rating of 30 or higher. Put on sunscreen 15 to 20 minutes before going out in the sun. The letters SPF stand for sun protection factor, and the number rating tells you how much longer you can stay in the sun without getting sunburned.
- But this isn't always true, so reapply sunscreen at least every 2 hours, just to be safe.

Sunny MacShade says...



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