



>> Visit us online:

Let's work together to keep our children safe in the sun.

We will be sending information home about this program in the coming weeks. Please review and complete all forms and return them to school with your child. I hope that we can count on your support to help make this program a success.

As a family doctor and father of two, I personally understand the importance of protecting my children's skin from the harmful effects of the sun. I also know that too much sun exposure in childhood can lead my kids to develop skin cancer as they get older. That is why I have teamed up with your child's school, the Moffitt Cancer Center, the Department of Family Medicine at the University of South Florida, and MORE HEALTH, Inc. to teach your child about skin cancer and the importance of using sun protection when outside.

Dear Parents,



YOUR FAMILY



+

HAT



=

SAFE IN
THE SUN



Safe play today for healthy skin tomorrow

Why should you care about sun protection? Most of our total lifetime sun exposure occurs during childhood. Sun exposure can lead to skin damage and skin cancer later on in life.

5 THINGS YOU CAN DO TO PROTECT YOURSELF AND YOUR CHILD

GET COVERED: Children should always wear a wide-brimmed hat when outside to protect their eyes, ears, face, back and neck areas.



Use Sunscreen: Make sure your sunscreen has an SPF of 15 or higher and always reapply every two hours.

LOOK FOR SHADE: The sun is most intense between 10am and 4pm; try to plan activities before or after this period.

Wear Sunglasses: Sunglasses protect the eyes from permanent damage.

Get Informed: Check out books from your local library about the sun and sun protection.



Sun Protection for Florida's Children