**Health Announcements K-5 2019**

**June - Sun Safety**

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* This month is sun safety. Remember to slop on the sunscreen, slip on a long sleeve shirt and pants, slap on a wide brim hat, slide on sunglasses, and seek shade.
* June is sun safety month. Did you know that you can burn on windy, cloudy and cool days? So remember to wear your sunscreen every time you are outdoors even if it is not sunny. We need to protect our skin all the time.
* Sunscreen works better if you put it on ahead of time. But if you forget, it is important to put it on as soon as you remember. Try putting on sunscreen every day before you leave for school in the morning to protect yourself from the sun.
* June is sun safety month. Do you know that chimpanzees stay in the shade to protect themselves from the afternoon sun? sunscreen should be used in combination with covering up, wearing a wide-brimmed hat or hard hat with brim and using neck flap, wearing UV [protective eyewear](https://sunsafetyatwork.ca/glossary/letter_p#Protective_eyewear), seeking [shade](https://sunsafetyatwork.ca/glossary/letter_s#Shade), and staying out of the sun whenever possible. Remember to practice sun safety this summer.
* We usually think of sunburn as something that happens when we spend a day at the beach. But did you know more of us get sunburnt during day-to-day activities like having a picnic outside, playing on the playground or games outside? Remember to cover up and apply sunscreen every time you are outside.
* Did you know that we need to protect our eyes when we are outside? Wear sunglasses with 100% UV protection to help prevent damage to your eyes. Remember to keep your shades on when you’re outdoors!