



Fill in the blanks with the correct sun safety words from the word bank below!

Sunscreen	Water	Sunglasses
Hat	Shade	Shirt

When I go outside on a sunny day:

I always try to stay in the _____ during the hottest part of the day.

I wear _____ to protect my eyes from the sun.

I put on _____ to protect my skin from sunburn.

I wear a _____ on my head.

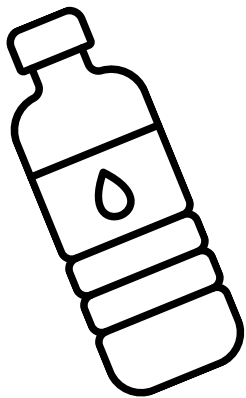
I wear a _____ with sleeves to cover my arms.

And I never forget to drink lots of _____ to stay hydrated!



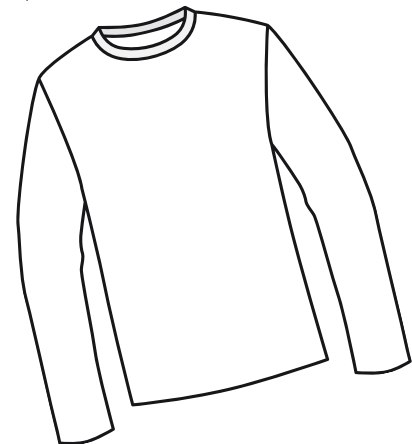
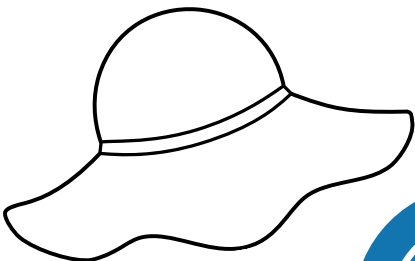
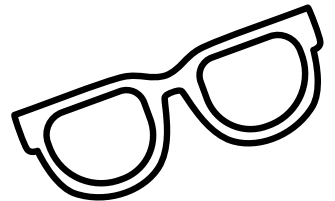
Be SunSafe

THE University of Vermont CANCER CENTER



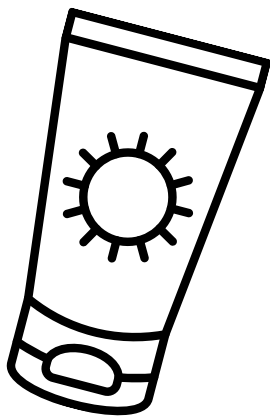
Cover up

With wide-brimmed hats, sun-protective clothing and sunglasses.



Seek Shade

When the sun's UV rays are strongest.



Wear Sunscreen

With SPF 30 or higher.

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