



**Find the words hidden below.**

Q	P	R	O	T	E	C	T	I	O	N	R
V	I	S	U	N	G	L	A	S	S	E	S
H	S	T	Z	O	R	P	P	N	T	U	H
S	U	N	S	C	R	E	E	N	E	F	A
R	N	M	E	H	Y	D	R	A	T	E	D
A	B	U	M	B	R	E	L	L	A	Q	E
Y	U	O	H	C	L	O	T	H	I	N	G
S	R	W	A	T	E	R	L	U	P	T	T
M	N	K	T	M	F	W	S	K	I	N	S

RAYS

SUNSCREEN

HAT

SHADE

CLOTHING

SUNGLASSES

UMBRELLA

SKIN

HYDRATE

SUNBURN

PROTECTION

WATER



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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