



May 2020

Dear Parent/Guardian,

The summer is on its way and we are all looking forward to spending lots of time outside for playtimes and lessons! The following is guidance to protect you and your family when out in the sun.

### Sun Safety for the Family

- The sun's rays are the strongest between 10 a.m. and 4 p.m. try to keep out of the sun during those hours.
- The sun's damaging UV rays can bounce back from sand, water, snow or concrete; so be particularly careful of these areas.
- Wear commercially available sun-protective clothing, like swim shirts and hats.
- Most of the sun's rays can come through the clouds on an overcast day; so use sun protection even on cloudy days.
- When choosing a sunscreen, look for the words "broad-spectrum" on the label - it means that the sunscreen will protect against both ultraviolet B (UVB) and ultraviolet A (UVA) rays. Choose a water-resistant sunscreen and reapply every two hours or after swimming, sweating or towel drying. You may want to select a sunscreen that does not contain the ingredient oxybenzone, a sunscreen chemical that may have hormonal properties.
- Zinc oxide, a very effective sunscreen, can be used as extra protection on the nose, cheeks, top of the ears and on the shoulders.
- Use a sun protection factor (SPF) of at least 15. The additional benefits of using sunscreen with SPF 50+ are limited.
- Rub sunscreen in well, making sure to cover all exposed areas, especially the face, nose, ears, feet and hands, and even the backs of the knees.
- Put on sunscreen 30 minutes before going outdoors - it needs time to work on the skin.



Stay Healthy and Safe,  
The MISD School Nurses