

Healthy kids make healthy adults

Put sunscreen on your kids

Anyone can get skin cancer, regardless of age or skin color.



Try these tips to help your kids make healthy choices.

1. Use a sunscreen with SPF 30 or higher.
2. Apply sunscreen at least 30 minutes before kids go outdoors and reapply every two hours.
3. Put on extra sunscreen if kids are sweating or swimming.
4. Apply to ears, feet and behind the neck too.

To help my kids protect their skin from the sun, I pledge to:

1. _____

2. _____

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