



Angelina, 6th Grade
Rushmore Avenue School,
Carle Place, NY

Winner of the New York State
2010 SunWise with SHADE
Poster Contest

KIDS!

Save the skin you're in!

Help prevent skin cancer.

Cover Up



Wear long sleeves and pants in the sun.

Hat



Wear a wide-brimmed hat.

Sunscreen



Use sunscreen with the number (SPF) 15 or higher on parts of your body not covered by clothes.

Sunglasses



Wear sunglasses to cover your eyes.

Shade



Stay in the shade.

Remember



The sun's rays are strongest between 10 am and 4 pm, so it's especially important to protect your skin during these hours.

This document was made possible by the New York State Department of Health with funding from the Centers for Disease Control and Prevention (Cooperative Agreement # 1U58DP000783).
The information contained herein does not necessarily reflect the position of the Centers for Disease Control and Prevention.