Summer officially started on June 21st but we need to be Sun Smart everyday!

### Sun Screen Q & A

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>It’s cloudy outside, do I still need sunscreen?</td>
<td>YES! Clouds can’t stop all of the sun’s damaging rays.</td>
</tr>
<tr>
<td>When is the sun the strongest?</td>
<td>Between 11am and 2pm</td>
</tr>
<tr>
<td>I have darker skin, do I need sunscreen?</td>
<td>YES! The sun’s rays cause damage no matter the color of your skin</td>
</tr>
<tr>
<td>What type of sunscreen is best?</td>
<td>Use a sunscreen that is SPF 30 or higher</td>
</tr>
<tr>
<td>How often should I wear sunscreen?</td>
<td>EVERYDAY! And reapply sunscreen every 2 hours</td>
</tr>
</tbody>
</table>

1 in 5 Americans will develop skin cancer in their lifetime.

If a person uses a tanning bed before age 35, the risk for melanoma (skin cancer) is increased by 75%.

An estimated 90% of Skin Aging is caused by the sun.
EXPERIMENT TIME

Supplies Needed:
- Black or dark paper (construction paper works well)
- Sunscreen
- The Sun

STEPS
1. Fold your paper in half
2. Apply sunscreen to one half
3. Place in the sun for 4 to 8 hours
4. Observe what happens
   - Are the 2 halves of the paper the same or different?
   - What did the sun’s rays do to the paper with sunscreen?
   - What did the sun’s rays do to the paper without sunscreen?

READY FOR MORE?
Try testing sunscreens with different SPF values . . .
Or Spray On VS Lotion type sunscreens

This information and activity can be found at:
https://4-h.org/ways-to-give/corporate-foundation-support/coppertone-sun-smarts/#!
sunsmarts