

Sun Proof

[Announcer] *This podcast is brought to you by the Centers for Disease Control and Prevention.*

[Kaya] Hi kids! Welcome to CDC Kidtastics Radio! I'm Kaya Kidtastic. Today, we're talking about how to stay safe when you're outside in the sun.

[Caydan] Yeah. My mom is always telling me to go outside and play.

[Karmen] Caydan, it *is* important to go outside and get active, but we have to make sure we're protected from the sun.

[Chris] Right, Karmen! When we go out to play, we may need a helmet or a ball and bat but we *always* need sun protection!

[Kaya] Our *first* layer of protection is our clothes. It's best to cover up as much as possible, but if it's too hot outside for long sleeves and pants, we can wear a beach cover-up or a t-shirt and long shorts. Wearing a hat with a wide brim is also a good idea, but if you wear a baseball cap, make sure you put sunscreen on your face, neck, and ears.

[Karmen] Your sunscreen needs to be SPF 15 or higher. You gotta have the right stuff!

[Caydan] What's "SPF"???

[Karmen] SPF stands for "sun protection factor." It's how well a sunscreen works at keeping the sun's burning rays from roasting your skin. Make sure your sunscreen blocks both UVA and UVB rays.

[Chris] You'll need to get a bottle, shake it up, fill up a handful, and slather it all over your body.

[Caydan] A handful?!?!

[Chris] Yep. You need that much for good coverage. Put it on 30 minutes before you go out in the sun...and remember to cover your face, lips, hands, arms, shoulders, ears, back of your neck, under your chin, and the top of your head, if you don't have a hat on. Watch your eyes — it could sting! If your skin reacts badly to one brand, try another. Not all sunscreens have the same ingredients.

[Kaya] And don't forget to apply, reapply, and then do it again. Even if the bottle says it's waterproof, sweat proof, or any other "proof," you should reapply. Put more sunscreen on every couple of hours or right after swimming, working up a sweat, or rubbing on your skin with a towel or clothes.

[Caydan] What about sunglasses?

[Chris] Good idea, Caydan! Slip on some shades because the sun's rays can hurt your eyes. Choose some cool wraparound shades that block 100 percent of UVA and UVB rays.

[Karmen] Get outside and have fun; there are tons of things to do! But hang out in the shade whenever you can. The sun is strongest between 10 in the morning and 4 in the afternoon, so during those times, play hard in the shade, chill out under an umbrella, have lunch inside, or try some indoor activities.

[Kaya] Whether you're in the water, walking on the beach, conquering the slopes, or cruising the concrete, beware of the extra sun you get from rays bouncing off the surfaces around you. Remember: The sun can affect your skin *any* time — not just in the summer, in warm places, or on sunny days. Use your head and get the right gear to protect yourself from the rays!

Thanks for listening to CDC Kidtastics Radio. We'll talk to you again soon. Until then... be a safer, healthier kid!!

[Announcer] For more health information, go to www.cdc.gov or call 1-800-CDC-INF, 24/7.