

Outdoor Summer Fun

School's Out, Summer's Here: Tips For Kids For A "No Bumner" Summer

(NAPSA)—Kids nationwide are gearing up to enjoy their favorite outdoor activities, like camp, sports and swimming. There are a few important facts parents should know to help protect them outdoors.

According to the EPA, scientists predict that ozone layer depletion is currently at its peak. This means that more of the sun's harmful UV rays are reaching the Earth's surface. For parents, it's a critical time to help protect kids' skin from sun damage and teach them good sun protection habits. The National Foundation for Cancer Research (NFCR) warns that severe sunburns in childhood greatly increase a person's risk of skin cancer later in life.

Don't let your kids leave home this summer without these sun safety suggestions from Thomas Meyer, Ph.D., fellow in suncare research and development at the Coppertone® Solar Research Center.

1. Know your UV index.

This number helps gauge how strong the sun is on a particular day, and should serve as a guide for assessing sunburn risk. When the UV index is 3 or higher, the NFCR stresses that it's even more important to use an SPF of at least 15, sunglasses and a wide-brimmed hat, as well as UV-protective clothing. A UV index over 8

indicates high risk—it's best to stay out of the sun between the peak hours of 10 a.m. and 4 p.m.

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2. Pack a sunscreen appropriate for young children. Try a tear-free product like Coppertone® Water BABIES® Pure and Simple, which contains no oils, fragrances or dyes. Also choose a product that stands up to the "active kid test"—make sure it's waterproof and offers both UVA and UVB protection.

3. Be aqua aware. Summer-time and water fun go hand in hand, but it's important for parents to remember that the sun's rays can bounce off water, making the risk of sunburn while swimming especially high. Even though a sunscreen may be labeled waterproof or water resistant, make sure to reapply after swimming, sweating or toweling off.

4. Keep kids hydrated. Drink more water when spending time in the sun to help keep the body and skin hydrated. Toss a water bottle into your kids' beach bags or backpacks.

For more information, please visit www.coppertone.com.