

# YOUTH HEALTH BULLETIN



**JULY 2023**

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## THIS MONTH'S TOPIC: THE 5 S'S OF SUN SAFETY

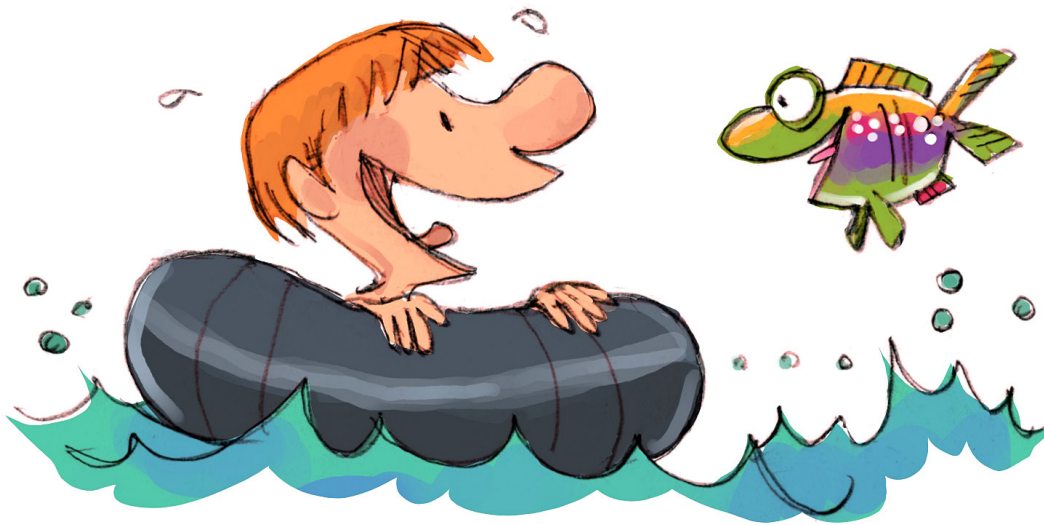
**T**here are so many fun activities to do in the summer! From sports such as soccer, baseball, and pickleball to cooling off with water activities such as swimming, canoeing, and playing in a backyard sprinkler. Being active outside is a great time!

When you are going to spend time outside, remember to protect your skin from the hot summer sun. Over time, the sun can hurt your skin. What might seem like a minor chore now can save your skin a lot of pain later.

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## Slop on sunscreen with a Sun Protection Factor (SPF) of 30 or more throughout the day.



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The National Health Service suggests remembering the 5 S's of Sun Safety to protect skin from sunburn and damage:

- 1. Slip:** Slip on a shirt or cover-up if you are not in the water. Wear a swimming rash guard with sleeves to prevent too much of your skin from being exposed to the sun. One of the best ways to protect your skin from the sun's rays is by covering up. Try to choose clothes you cannot see through. It has the best sun protection.
- 2. Slop:** Slop on sunscreen with a Sun Protection Factor (SPF) of 30 or more throughout the day. Use plenty and reapply often on all of your skin that doesn't have clothes on it. Ask for help reaching areas like your shoulders, back, and face so you do not miss any spots!
- 3. Slap:** Slap on a hat to shield your face and head. There are lots of hats that have wide brims and can help add extra protection for your neck, ears, and back of your head if you have short hair.
- 4. Slide:** Slide on sunglasses to help protect your eyes from sun damage.
- 5. Shade:** Try to stay in shaded areas when the sun is at its strongest. In Kentucky, the sun is strongest from 11 a.m. to 3 p.m. every day. When you take a break from playing outside, look for a place to rest that is shielded from

the sun. Find shade under a tree, porch, pavilion, wide umbrella, or in a tent!

As you are racing out the door to have fun outside this summer, remember to "slip, slap, slop, slide, and shade!"

#### REFERENCE:

<https://www.southwestlondon.icb.nhs.uk/news/slip-slap-slop-slide-and-shade-five-sun-safety-ss-for-hot-sun>



ADULT  
**HEALTH BULLETIN**

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