

The simplest way

...to keep your kids safe in the sun.

Did you know that when it comes to sun protection, not all hats are equal?

We all know hats help protect against skin cancer and eye damage.

But did you know that baseball caps don't provide much protection?

Baseball caps leave cheeks, ears, chin and back of the neck exposed to ultraviolet radiation, and to the real risk of skin cancer in later life.



Choose a sun-safe hat

Sun-safe hats include broad-brimmed, bucket, or legionnaire hats. These hats are inexpensive, and give your kids the best chance of staying protected in our harsh summer sun.

— Finally, don't forget to apply sunscreen in the morning before school! Enjoy summer, and remember to be SunSmart!