

“The Lizard Song”

I live in the desert

I am not a lizard

I do not have scales

So-o-o-o-o-o-o-o-o

I must wear a hat!

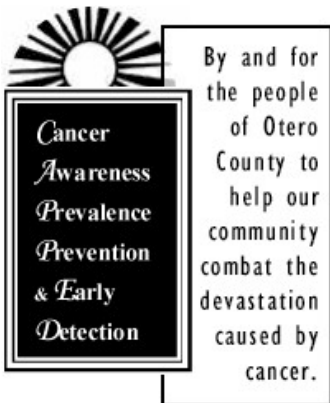


The CAPPED Sun Safe Program
serves all of Otero County and is the joint effort of:

CAPPED, Inc.

Cancer Awareness, Prevalence, Prevention and Early Detection

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**CAPPED, Cancer Awareness, Prevalence,
Prevention and Early Detection**



This is what it feels like to be sunburned.



Ensuring our Children's Future Health Today!

The ABC'S of Sun Safety:

- A—Avoid the sun between 10 a.m. and 4 p.m.
- B—Block the sun's rays by using an umbrella or other shade.
- C—Cover up with a hat, sunglasses, shirt with sleeves, long shorts and shoes.
- S—Say something about Sun Safety to others.

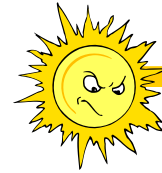
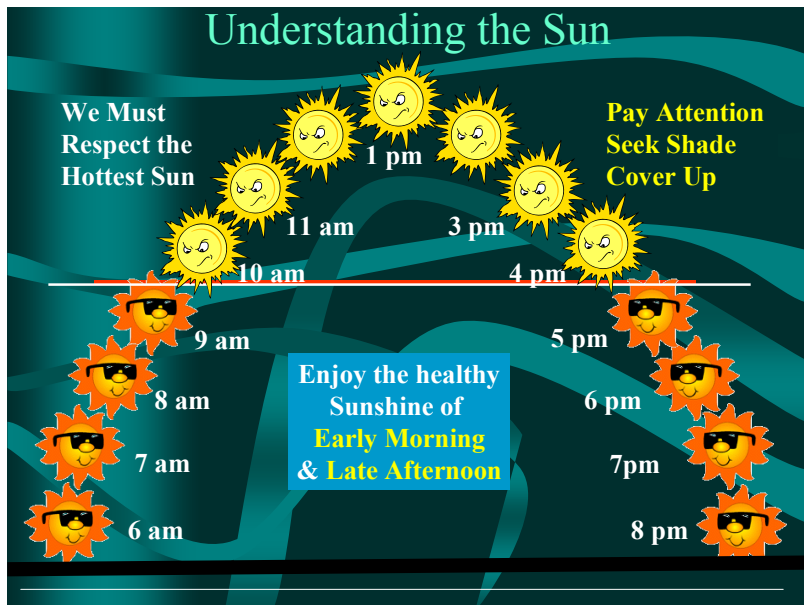
Have you ever been sunburned?

- Did you know it can make you sick later in life?
- **90%** of adult skin cancers are from childhood sun damage.

What about Sun Screen?

- Some doctors recommend sun screen use.
- Skin cancer rates continue to rise despite more than 50 years of sunscreen use in the United States.
- **Perhaps it is time to respect the sun by:**
 - Seeking shade between 10 a.m. and 4 p.m.
 - Wearing sun smart clothing and sunglasses.

Your child has participated in the CAPPED Sun Safe Program. We have worked very hard creating the program to help children develop good skin health habits which may prevent skin cancers in their lifetime. Please encourage your children to play outdoors during the early morning and late afternoon “Healthy Sunshine” hours and to avoid the sun between 10 and 4.



What can you do to protect yourself from the sun's harmful rays? The ABC'S

- A** • **Avoid the sun between 10 a.m. and 4 p.m.**
- Avoid or limit exposure during the sun's peak hours from 10 a.m. to 4 p.m.
 - Schedule outdoor activities early or late.
- B** • **Block the sun's rays with shade**
- Block the sun's rays by using an umbrella or other shade.
- C** • **Cover up**
- Cover up with a hat with a brim that goes all around.
 - Wear sunglasses.
 - Wear a short sleeved shirt and long shorts that go to the knees and shoes.
 - If sun exposure will be *or* has been great, wear long sleeves and long pants.
- S** • **Say something about being Sun Safe**
- Say something to your parents and friends about being Sun Safe.
 - Remind your family that hats, sunglasses, shirts, long shorts, shoes and sunscreen are important for the whole family every time you are in the sun.



Your child is committed to two Sun Smart Goals:

- #1** Help my family and friends to be Sun Safe this summer.
- #2** Avoid sunburn and skin damage by following the ABC'S of Sun Safety.

