Healthy Lifestyles Contest 2020

Sun Safety

Danielle really is ready to go swimming after being in her house all spring with the COVID 19 stay at home orders. She would like to know how best to keep herself safe from the sun. Please help her find the safest check list to keep her safe from the sun but still able to enjoy the beach.

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| **Checklist #1** | **Checklist #2** | **Checklist #3** | **Checklist #4** |
| * Visit the beach from 8am-10am and 4pm-6pm.
* Bring an umbrella large enough to cover yourself.
* Wear a dark UV Protected long sleeve shirt and skirt.
* Put on 100% SPF water resistant sunscreen and apply regularly
* Wear a large 3-inch brim hat
* Wear large framed and wraparound sunglasses that state “Meets ANSI UV Requirements”
 | * Head to beach around 10am and stay till 4pm.
* Wear her favorite bikini.
* Put on 15% SPF water resistant sunscreen and apply regularly
* Wear her favorite Astros ball cap and new fashion sunglasses
* Visit the tanning bed after you get home to help keep yourself tanned and not sunburned.
 | * Visit the beach from 10am-2pm.
* Bring an umbrella large enough to cover yourself.
* Wear a light UV Protected long sleeve shirt.
* Put on 50% SPF water resistant sunscreen and apply regularly
* Wear her favorite Astros ball cap
* Wear large framed and wraparound sunglasses that state “Meets ANSI UV Requirements”
 | * Visit the beach from 8am-12pm.
* Bring an umbrella large enough to cover yourself.
* Wear a dark UV Protected long sleeve shirt.
* Put on 100% SPF water resistant sunscreen and apply regularly
* Wear a large 3-inch brim hat
* Wear large framed and wraparound sunglasses that state “Meets ANSI UV Requirements”
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Placing: 1-4-3-2 cuts: 3-3-5