

## Dear Parents,

We are committed to preventing skin cancer and in our efforts to do so are taking part in a programme in the campaign **Clever in Sonne und Schatten** (Smart in the sun and shade). This programme is all about making UV protection a permanent factor in our everyday lives and making kids aware of how to protect themselves properly against the sun. The programme is based on national and international recommendations for the prevention of skin cancer:

### Seek out the shade!

About half of the daily dosage of UV radiation reaches the earth's surface at midday, during the two hours before and after the sun's zenith. Daily UV exposure is measured using the UV index (UVI). The Federal Office for Radiation Protection (Bundesamt für Strahlenschutz) and the German Weather Service (Deutscher Wetterdienst) provide up-to-date forecasts (see [www.bfs.de/uv-prognose](http://www.bfs.de/uv-prognose) or [www.dwd.de/uvindex](http://www.dwd.de/uvindex)). With medium and high exposure to UV rays (UVI 3-7), you should seek out the shade at midday. You should also avoid remaining outdoors at lunchtime in the case of very high UV exposure (UVI 8 and above). If possible, activities should be moved to the morning or evening hours. *Even at mild temperatures, the UVI level can be so high that it damages your skin!*

### Avoid sunburn!

The skin's own protective function is not yet fully developed in children. This makes their skin much more sensitive to the sun's rays than adult skin. Skin damage during childhood and adolescence caused by UV rays increases the risk of skin cancer significantly. This makes making every effort to stop your child getting sunburn imperative. Babies should never be exposed to direct sunlight.

### Cover up!

At medium to high UVI levels, protective clothing, headgear and sunglasses should be worn at all times outdoors. Parts of the body that receive more exposure to the sun (e.g. nose, neck, shoulders) need effective protection. Areas of skin that are not covered by clothing should be protected with sunscreen. Using sunscreen does not mean you should stay out in the sun for longer. Sunscreens should have a sufficiently high Sun Protection Factor ("Lichtschutzfaktor" – LSF) of at least 30 and should be applied evenly and thickly. Sunscreen should be reapplied every 2 hours (or after bathing or sweating profusely).



**Dear parents, we need your cooperation to be able to implement these recommendations in our institution. Please help us to protect your child against the sun in the months between April and September.**

**Thanks for your support!**

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