

SAFETY UNDER THE SUN

The sun is the original source of energy for all living things on Earth, and we enjoy playing in its warmth and light. In order to enjoy the sun safely, we must first understand how it effects us.

We need sunlight to allow our bodies to use **vitamin D**. Vitamin D helps us have healthy bones and teeth. However, very little sunlight is needed to use the vitamin D in our bodies, and too much sun can be harmful.

The light from the sun contains UV, or ultraviolet, rays that we can not see with our eyes. Some of these rays are filtered out bu the Earth's ozone layer, but some rays still come through that cause wrinkles and cataracts.

Cataracts are the clouding of the lens of the eye, and this can cause blurred vision or even blindness.

UV light can even cause skin **cancer**. **Sunburn** is a sign that your skin has been damaged. This damage leads to a greater risk of skin cancer.

Scientists have found that the use of tanning beds results in damage to the skin and increases the risk of cancer. Young people who use **tanning beds** have a greater chance of developing cancer later in life.

To be safe under the sun, wear sunscreen and still stay out of the sun between **10:00 and 3:00** in the afternoon. Remember UV light is still present even on cloudy days. Also wear sunglasses that block out UV light, and wear a hat. If you do these few things, you should be safe under the sun.

Use words in **bold** print to fill in the blanks.

1. Sunlight helps us use the _____ in our bodies.
2. _____ are the clouding of the lens of the eye that can cause blurred vision or even blindness.
3. UV light can cause skin _____.
4. A _____ is a sign that your skin has been damaged.
5. Young people who use _____ have a greater chance of developing cancer later in life.
6. To be safe in the sun, wear sunscreen, a hat, UV protected sunglasses and stay out of the sun between _____.