

2010 Sun Guard Your Skin Poster Contest

JUDGES' TIPS

- Remember to illustrate how and why we should protect ourselves from the sun.
- Include at least five of the SunWise action steps
 - Seek Shade
 - Wear a Hat
 - Wear Sunglasses
 - Check the UV Index
 - Do not sun tan or use tanning beds
 - Use sunscreen of SPF 15+
 - Cover up
 - Limit sun between 10am and 4pm
- Think outside the umbrella! Protecting yourself from sun damage at the beach is important, but we need to be sun safe in lots of places. Where else do people need sunscreen, a hat, sunglasses and a long sleeved shirt?
- Each poster will be judged on how well the poster expresses the sun safety messages in an original and thoughtful manner.
- Crayons, markers, and paints make more colorful posters!
- Make sure all text is clear and legible from a distance.
- Fill out the entry form legibly, cut it along the dotted line, and glue or tape it securely to the back of your poster. Do not use staples or paper clips.
- Send entries so that they arrive no later than April 7, 2010. Late entries will be disqualified.
- All entries become the property of the SHADE Foundation and are not returned.