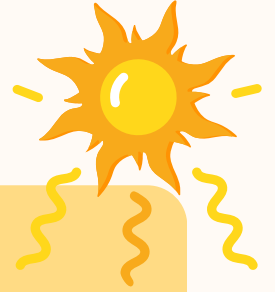




SCHOOL HEALTH NEWSLETTER – MAY 2026

Sun Safety & Skin Care for Children From the School Medical Room



Why Sun Safety Matters

With rising temperatures in May, children are exposed to stronger sunlight. While sunlight helps produce Vitamin D, too much exposure can lead to sunburn, dehydration, and skin damage.

ESSENTIAL SUN PROTECTION TIPS

✓ Use Sunscreen Daily

- SPF 30 or higher
- Apply 20 minutes before going out
- Reapply every 2–3 hours



✓ Dress Smart

- Light cotton clothes
- Wide-brim hats
- UV-protective sunglasses



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Avoid Peak Sun Hours

- Avoid outdoor exposure between 10 AM – 4 PM
- Encourage shaded or indoor play



Keep Skin Hydrated

- Drink plenty of water
- Use gentle soap and moisturizer
- Avoid harsh chemicals on skin



After-Sun Care

- Cool bath after outdoor play
- Apply soothing lotion (like aloe vera)
- Check skin for redness





SCHOOL HEALTH NEWSLETTER – MAY 2026

! Watch for Warning Signs

Consult a doctor if your child has:

- Severe sunburn or blisters
- Dizziness or fever
- Skin rashes

! Watch for Warning Signs

Consult a doctor if your child has:



📅 School Health Reminder



Parents are requested to:

- Send a water bottle daily
- Apply sunscreen before school
- Provide caps/hats for outdoor activities

🔔 School Health Reminder 📖

Parents are requested to:

1. Send a water bottle daily
2. Apply sunscreen before school
3. Provide caps/hats for outdoor activities

🌿 Healthy Habit of the Month
"Protect your skin today for a healthier tomorrow!"

Warm regards,
The Medical Team
DPS Modern Indian School