



1515 Hughes Way, Long Beach, CA 90810
(562) 997-8000

Sun Protection

Skin cancer is the most common form of cancer - accounting for about half of all the cancers. California law (SB 310, 2002) requires California public schools to allow students to wear sun-protective hats and clothing **when they are outdoors on campus**. California law (SB 1632, 2003) also requires California public schools to allow students to carry and self-apply sunscreen on campus without a physician's note or school staff oversight. LBUSD support the mandates of SB 310 and 1632.

The American Cancer Society and the California Department of Health recommend the following as the best ways to lower the risk of non-melanoma skin cancer:

- Reduce prolonged sun exposure from 10 a.m. to 4 p.m., when UV rays are strongest.
- Wear tightly-woven, loose fitting clothing that covers as much of the body as possible.
- Wear a wide-brimmed hat (2-4" brim recommended), shading the face, ears and neck. If a baseball cap is worn, remember to protect the ears and neck with sunscreen. Head wraps and bandanas are **not** to be worn on campus and do **not** qualify as sun protective wear.
- Wear sunglasses that provide 100 percent UVA and UVB (broad spectrum) protection for the eyes and the surrounding skin.
- Use sunscreen with a sun protection factor (SPF) of 15 or higher. Apply a generous amount (about a palmful) and reapply at least every two hours when outside.

We request your valued support to assure that your student understands and complies with the LBUSD School Dress Code (see Guidelines for Parents and Students). Should you send your student to school with sun-protective hats and clothing, we will allow him/her to wear it while outdoors on campus. ***Any sun protective hats and clothing must be removed when inside buildings and classrooms.***

Please discuss this information with your student. Additional information can be found at the American Cancer Society www.cancer.org or the California Department of Health at <http://www.dhs.ca.gov/ps/cdic/cpns/skin>. If you should have any questions or need further clarification, feel free to contact your child's school.