

## Nurses' Nook...fun in the sun!

Spring brings with it flowers, buds, warmer weather and a chance to be outdoors more! Most people don't even think of using sunscreen until they are at the beach in the summer but the sun is surprisingly strong even in the spring in Massachusetts. In the month of April the UV index is on average considered "moderate" which requires protection of exposed skin from the sun. The UV index continues to increase throughout the summer months and then finally gets back to "low" in October. If you want to see more information on UV index this please check [this link](#).

[Here are some tips](#) from the Center for Disease Control on keeping your children and yourself safe in the sun. Have fun!

As always, if you have any questions feel free to contact the nurse in your child's school.