**Adaptations in the Animal World**

**Hippos Wear Sunscreen?**
The hippopotamus protects its skin by leaking an oily pink substance. This oil keeps the hippo’s skin from drying out and protects it from the sun!

**Elephants Get Dirty!**
Elephants actively seek out shelter and shade on a regular basis, but it is even more common for elephants to coat themselves with mud. The mud dries and acts as a barrier between their skin and the sun.

**Cool as a...Meerkat!**
Meerkats have found a way to survive in the harsh sun of the desert. They have black rings around their eyes to absorb the sun’s rays, protecting their eyes from sun damage. It’s like they have built-in sunglasses!

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**How Can You Be Sun Safe?**

**Use Sunscreen**
We can’t make our own sunscreen like the hippo can, but we can make sure to apply it! Wear sunscreen and lip balm with SPF 30 and apply at least 30 minutes before going outside. Make sure to spread generously and evenly from head to toe. Remember to reapply!

**Find Shade**
Rolling around in mud isn’t really practical for humans, but we can seek shade when sunburn-causing UV rays are most intense. Be extra protected when the sun is directly overhead between 10 a.m. and 4 p.m., when shadows are shorter.

**Cover Up**
Unlike meerkats, our eyes and skin need help when it comes to sun protection. Look cool and protect your skin by covering up year-round. Wear wide-brimmed hats (not baseball caps), UV-protective sunglasses, and sun-safe clothing that is tightly woven.

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**Be Sunbeatable™**