



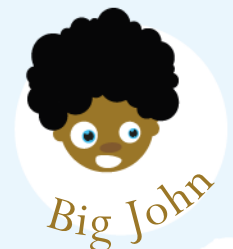
Play  
and learn with  
**Jo Spots**

*Sun... Holidays... Precautions...*





Have you met your new friends? No?...  
They're going to teach you lots of new things...



## TITLE

# PLAY AND LEARN WITH JO SPOTS

Sun... Holidays... Precautions

## AUTHOR

Oswaldo Correia, MD PhD

Dermatologist, Porto, Portugal

For the Skin Cancer Prevention Campaigns of:

- Associação Portuguesa de Cancro Cutâneo ([www.apcancrocuteano.pt](http://www.apcancrocuteano.pt))
- Sociedade Portuguesa de Dermatologia e Venereologia ([www.spdv.pt](http://www.spdv.pt))
- Euromelanoma ([www.euromelanoma.org](http://www.euromelanoma.org))
- Direção Geral da Saúde ([www.dgs.pt](http://www.dgs.pt))

## Design and illustration

Alexandre Caires - [www.pollenlife.pt](http://www.pollenlife.pt)

## Graphic Production

Medesign, Lda

## Legal number

467281/20

## ISBN

972-9025-64-9

## 3rd Edition

January 2020

© All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical or otherwise without the prior written permission of the author.



June, 17th.

Advice for the holidays...

*Teacher:* – Children... The term is coming to an end and the holidays are getting closer. The weather is lovely and it's time to learn some rules for living with the sun. So, today we're going to talk about "Advice for the holidays..."

*Jo Spots:* – Can I go and play?

*Teacher:* – Jo Spots!... You've only just arrived and now you're going to pay attention to some advice I'm going to give you and your friends Tony, Big John and Annie...

When the sun is high and hot, find a fresh shady area, under the school's eaves or a big tree. Drink lots of water, especially when it's hot.



Colour in this drawing using the colours you can see in the opposite picture.



Time to play "Sun and Shadow".



10 a.m.

The sun is still low.  
The shadow of the house is bigger than the house itself.  
So, Jo Spots can play tennis with Tony in the shade and they are protected.



1 p.m.

The sun is red and hot.  
Notice that the shadows are smaller than the objects themselves. Drink a lot of water and rest in the shade or inside.



6 p.m.  
The sun is lower again.  
Now, Jo Spots and  
Big John can play  
basketball in  
the shade.



### *Time to play “Sun and Shadow”.*

#### *Safest times of the day:*

- From early morning until 11 a.m. and late afternoon, after 5 p.m.
- Shadows are bigger than the objects themselves.

#### *Risky times of the day:*

- Between 11 and 12 a.m. and between 4 and 5 p.m.
- Shadows are the same size as the objects.


#### *The most dangerous times of the day:*

- Between 12 a.m. and 4 p.m.
- Shadows are smaller than the objects.



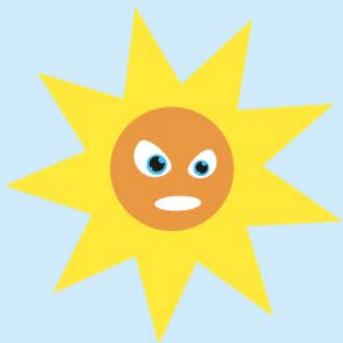
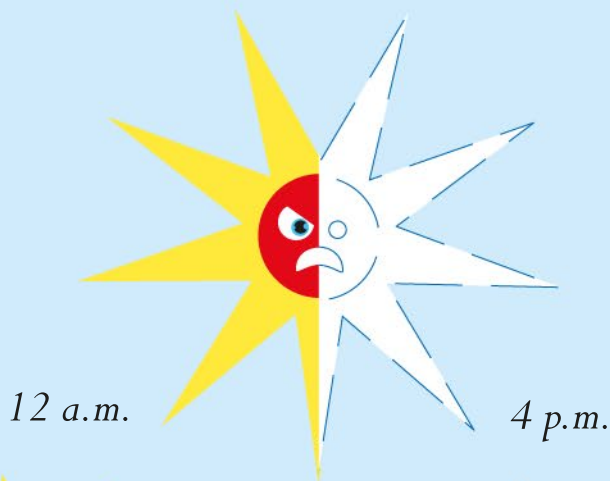
## *Ultraviolet radiation (UV) Intensity and Reflection*

1. The intensity of the UV increases with the altitude. Snow can reflect up to 85% of the UV.
2. 80% of the UV pass through clouds.
3. 20% of the UV can be reflected in grass or cement.
4. Dry sand reflects 20% but wet sand can reflect 40%.
5. Water reflects up to 50% of the UV and more than 50% of the UV reach by 50 cm of depth.
6. Glass filters the UVB but it allows penetration of the UVA.

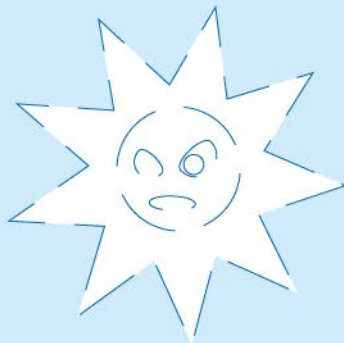


It means that, even in the shade, I have to protect myself from sun burning...

Complete the drawing and colour in the “Solar Symmetry”



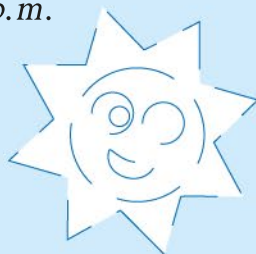
11 a.m.



5 p.m.



10 a.m.



6 p.m.

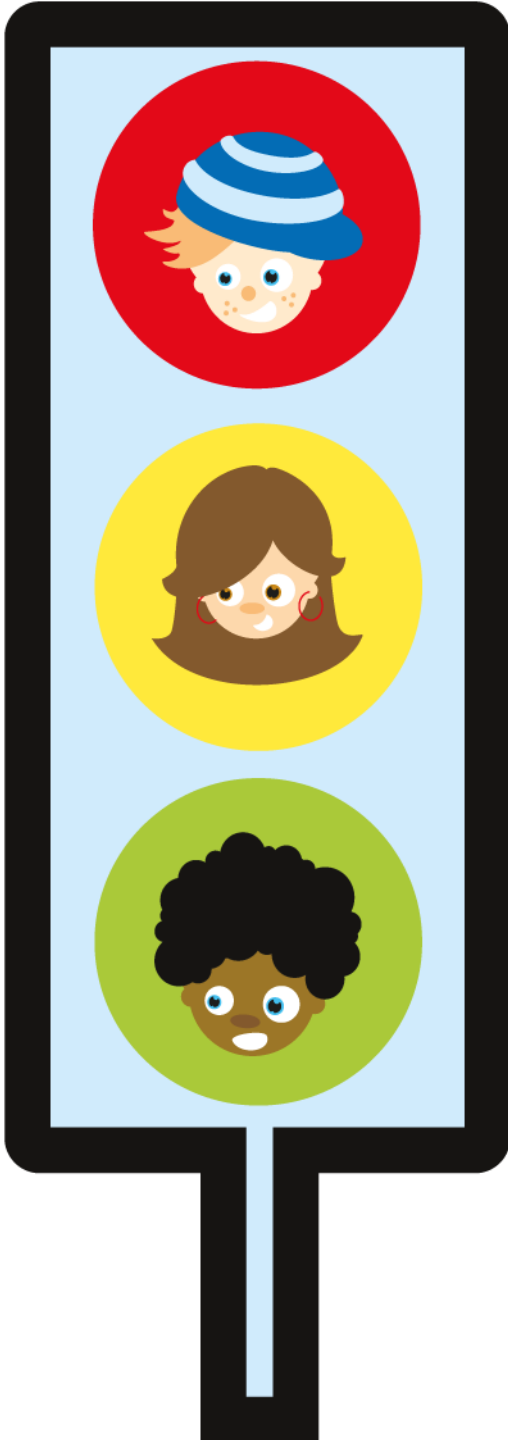


8 a.m.



8 p.m.

*Which color of the traffic light corresponds to my skin?*



*Red:*

- If you have red or blond hair, green or blue eyes and light skin with or without freckles, you will go red easily. So, you must be very careful with the sun!...
- Examples: Jo Spots, Albi and Claire.

*Yellow:*

- If your hair and eyes are brown and you go brown easily, you must also be careful with the sun.
- Examples: Tony and Annie.

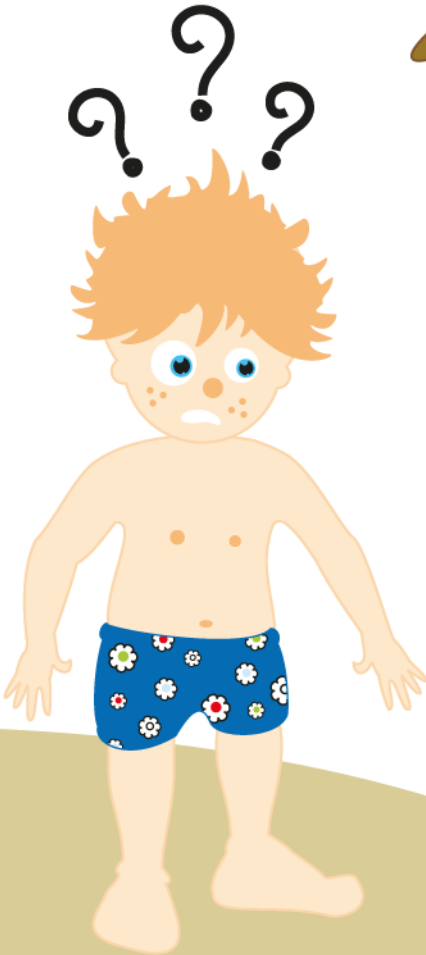
*Green:*

- If your skin and hair are dark or black, even though you don't usually burn in the sun, you shouldn't stay out during dangerous times of day.
- Example: Big John.



Find and mark the way that Jo Spots has to go, so he's protected from the sun when he goes to the beach with his dog Ruffles.

Mark with an X the clothes that Jo Spots should wear to the beach.  
You can dress Jo Spots by colouring him with the right clothes.





## *The Family on their way to the beach...*



*Grandma:* – Jo Spots, Claire! Have you put on your sunscreen?

*Jo Spots and Claire:* –Yes... Grandma... Before we get dressed we always spread sunscreen on any area of our skin which is going to be exposed to the sun.

*Grandma:* – Children... Take care in the sun. Keep your hats on and play in the shade.



## The family at the beach...



*Mommy:* – Jo Spots, you know very well that it's important to put on more sunscreen because you've been swimming. The best thing would be to put on your t-shirt and stay in the shade playing with your sister Claire and Daddy Jo.



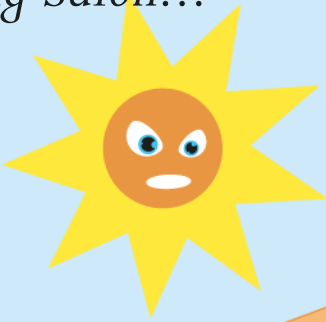
You're so WRONG! Just because you don't get red don't you think you're safe, even you have to protect yourself!

I have dark skin... I don't get red nor even burn in the sun... So, I don't have to protect myself.

I am albino, I have very white skin and light hair, I should wear clothes on sunny days and apply a very high protection factor sunscreen on my face and hands, when I am playing...



# Tanning Salon...



## Tanning Salon

You know, my aunt was always too exposed to the Sun. Now she has wrinkles and has aged too much!...

Absolutely... My cousin used tanning beds too often and now she has a skin cancer called melanoma...

Watch out... The truth is... All people should avoid tanning beds and sun burns... We have to protect the skin for lots of reasons...





*I'm going, I'm going  
I'm going to the beach, I'm going...*

# Sing the “Summer song” with Jo Spots...

*I'm going, I'm going  
I'm going to the beach, I'm going...*

*I'm going, I'm going  
I'm going to the beach, I'm going...*

*Little birds are singing  
It's the break of day  
The sun starts shining  
It's time to play.*

*I wake up early*

*I feel good*

*I eat milk and flakes*

*Like a good boy should.*

*I wash my face and teeth*

*In two seconds flat*

*I spread on lots of sunscreen*

*And wear my hat*

*And I'm ready...*

*I'm going, I'm going  
I'm going to the beach, I'm going...*

*Tennis and football  
I like to play  
But I'm not allowed  
To run around all day.*

*An hour after eating*

*Exercise is banned*

*So, I sit down*

*And play in the sand.*

*I'm careful in the sea*

*When I swim or wade*

*And when it's really hot*

*I sit in the shade.*

*Hey!... It's time to go home.*

*I went, I went, I went  
To the beach I went...*

*I went, I went, I went  
To the beach I went...*

Look at Jo Spots and his friends. Their shadows are much bigger than they are. So, it's the ideal time to play in the sun or go to the beach.



*larger shade means  
right time to play...*



Using the small picture as an example, point out the eight items missing from the main drawing.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_
- 8 \_\_\_\_\_



The top picture is correct.

The picture underneath has 10 differences for you to spot, which are not correct.



Solutions: sun, boat, rough sea, sunshade, Jo Spot's hat, Jo Spot's sunglasses, wrong sunscreen, t-shirt, wrong shorts and flip-flops.



*“On a windy or foggy day, the sun hides away”...*



*Jo Spots:* – Ruffles... How did we get so red?

*Ruffles:* – I don't understand it... it was windy and there were so many clouds!... To be honest, I didn't even see the sun. But, I saw on TV that the **UV** was high!

*Jo Spots:* – But my teacher reminded me that on foggy days the sun burns without us noticing, so we mustn't forget: *“On a windy or foggy day, the sun hides away”*... You know, Ruffles... the temperature may not be strong but the **UV** sometimes are high; sunburns occurs more frequently in those days...

Regarding **UV** (Ultraviolet):  
The UV index ranges from 1 to 11.  
It is considered high if the index is higher than 5. Do not forget to see the temperature and the **UV** index when we want to play, do sports or work in the sun.

[www.ipma.pt](http://www.ipma.pt)



# Summer fashion!

## Uhhh!... It's a temptation!



*Did you know that...*

### **Concerning clothing and sun protection:**

- Avoid porous fabrics, the more transparent the less they protect
- For light clothes prefer dark colours
- Never expose the most sensitive skin

### **About the sunscreen (always 30+):**

- Its effectiveness begins after 30 minutes of the application (do not forget to apply it before going out)
- Reapply after bathing
- It must not be used to stay even longer in the sun
- Always use sunscreen that is cream or milk and never fluid or invisible spray
- If the skin is very sensitive use sunscreen 50+, in cream or milk
- For younger children or allergic people choose mineral sunscreen

### **Don't forget:**

- At school or in the garden, at the pool or at the beach, the sun is all the same, so, you must protect yourself whenever you're sun exposed.

# Spots Fashion

These outfits are trendy,  
fresh and even protect us  
from the Sun!!...



# “The Ugly Duckling!”

Did you know that...?

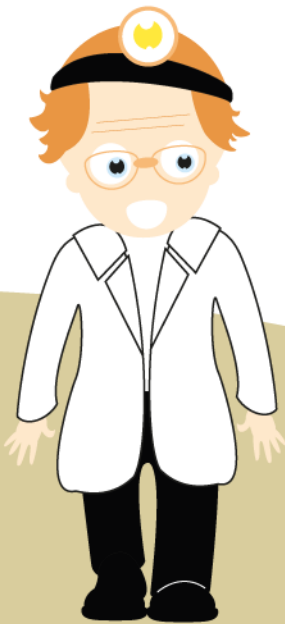
**All of us generally have moles** and lots of them are called “*naevus*”.

The “*ugly duckling*” is a “*naevus*” which:

- A): Is asymmetric (one half is different from the other)
- B): Has an irregular edge (or border)
- C): Has different colours or becomes very dark and different from the others
- D): Is more than 6mm diameter
- E): Has changed a lot recently (evolving)

And if one appears, Mommy will say:  
- In six months I'll check to see if it has grown.

With this A,B,C,D,E rule, it will be easy for your parents to help you keep an eye on your moles. **Children only need to do this twice a year, but adults every two months....**



1. In front of a mirror, examine all of your body, front and back.



2. Raise your arms and check your armpits and the palms of your hands.



3. Also check your legs, feet and the spaces between your toes.



4. With the help of 2 mirrors, examine the nape of your neck and the back of your ears.



5. Finally, check your back and buttocks using a mirror.



In this “word search” try to find the names of the eight main characters from this book.

*Jo Spots, Big John, Annie, Claire, Tony, Carol, Albi and Ruffles*

J	o	S	P	o	t	s	h	o	q	g	u
g	u	q	m	e	b	d	f	k	v	x	b
v	d	f	B	P	v	m	u	q	u	k	f
C	l	a	i	r	e	h	a	v	g	m	d
a	d	k	g	n	g	m	u	b	x	f	v
r	m	v	J	t	f	d	k	m	T	m	g
o	b	k	o	a	k	u	v	g	o	b	m
l	g	v	h	s	g	s	A	n	n	i	e
g	b	k	n	x	q	g	x	d	y	q	f
u	R	u	f	f	l	e	s	u	n	k	v
q	k	v	f	q	x	m	b	k	i	m	q
A	l	b	i	u	q	f	v	b	f	v	g

S	Λ	J	q	Λ	J	b	n	ι	q	l	Λ
b	w	ι	κ	q	w	x	b	J	Λ	κ	b
Λ	κ	u	n	s	ε	l	f	f	n	R	n
J	b	Λ	p	x	g	b	x	u	κ	q	g
ε	l	u	u	Λ	s	g	s	h	Λ	l	l
w	q	o	g	Λ	n	κ	a	κ	q	o	o
g	w	l	w	κ	p	J	l	l	Λ	m	r
Λ	J	x	q	n	w	g	l	l	Λ	a	p
p	w	g	Λ	a	h	ε	l	l	Λ	l	Λ
J	κ	n	b	n	w	Λ	p	J	J	p	Λ
q	x	Λ	κ	J	p	q	ε	w	b	n	g
n	g	b	o	h	s	l	o	d	S	o	l

*Complete the following sentences:*

When Jo Spots wakes up, he has his breakfast and washes his face and brushes his \_\_\_\_\_. He never forgets to put \_\_\_\_\_ on the skin which is going to be exposed to the sun. Before going out, he puts his \_\_\_\_\_ on. In the garden, he looks for the tree's \_\_\_\_\_.

When he arrives at the beach, he plays ball with his friends and makes castles in the \_\_\_\_\_. When he's dry, he never forgets to put on his \_\_\_\_\_ and his \_\_\_\_\_. It's a good time for a little snack under the \_\_\_\_\_.

The sun starts heating up, Jo Spots's shadow gets smaller...  
It's time to go home.

*Read this message in a mirror and find out what your friends are telling you...*

Learn to live with the sun...  
Happy Holidays...



Solution: Learn to live with the sun...  
Happy Holidays...



*Dear reader:*

In this publication you will meet your new friend Jo Spots. Jo and his friends are going to give you lots of good ideas of how to enjoy fun, peaceful holidays...

When you read this book you will see how easy it is to play outside during Summer, without getting burnt. And remember... each time you get burnt, more moles will appear. The more moles appear, the more care you should take with the sun. There's a good reason for being well protected.

