

A watercolor illustration of a bright yellow sun partially obscured by soft, blue and white clouds. The sun is positioned in the upper left quadrant of the cover.

THE MISADVENTURE
OF PERCY PIGLET

Care in the Sun



SHARON HENRY & ANNE-MARIE HUGHES

Skin Cancer & Care in the Sun

The link between skin cancer and sun exposure has been known for over 100 years. Skin cancers are very common in many parts of the world and the number of cases is on the increase.

Being a nation of people who are mostly blue eyed and of fair complexion we are more at risk of skin damage from the sun than many of our European counterparts. Indeed, throughout the United Kingdom there are some 34,000 new cases every year.

There are three main types of skin cancer. The two most common types are basal cell carcinoma and squamous cell carcinoma which are mostly slow growing and tend to affect older people. The third type, malignant melanoma is one of the few cancers to affect the young. Among 15-34 year olds it is the third most common cancer in women and the seventh most common in men.

The causes of skin cancer cannot yet be proven, however, we do know that it is more likely to occur following years of exposure to the sun and/or an experience of severe sunburn during childhood or adolescence.

Most skin cancers can be prevented if common sense is used in the sun. Since it is known that excessive exposure during childhood and adolescence carries particular risks in the long term, it is important that the Care in the Sun message reaches this age group.



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Care in the Sun

This book has been produced by Health Promotion staff from both Eastern and Western Health & Social Services Boards on behalf of the regional Care in the Sun Group for Northern Ireland. It has been developed in response to the threefold rise in deaths from malignant melanoma in the province in the last 30 years.

It is widely recognised that young children have very sun-sensitive skin and that prolonged exposure and sunburn in childhood can result in damage that cannot be repaired. Research shows that a single episode of severe sunburn, especially in childhood, may be enough to trigger off malignant melanoma.

The aim of this book is to highlight the issues around Care in the Sun and to provide simple information on how to enjoy the sun safely.

Recommendations for use

This book has been designed as a reader for playgroup leaders and other staff to use with children aged 3-6 years old. Having first read the story with the children paying attention to the illustrations it is suggested that the story is then re-read with particular emphasis given to the key points identified in the footnotes.



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As morning came Mummy Pig
watched Percy Piglet as he slept
soundly in the warm mud.



PROMPT: Danger of falling asleep in the sun



‘Aaaah,’
yawned
Percy as he
opened his
eyes and
looked at the
clear blue
sky.

‘Oh good! It’s a
lovely day.’
he said.



PROMPT: Sun associated with happiness and health
but without care can cause real problems both short and long term



‘I’m off to play with
Dora Duck.’

‘Take your hat,’

Mummy Pig

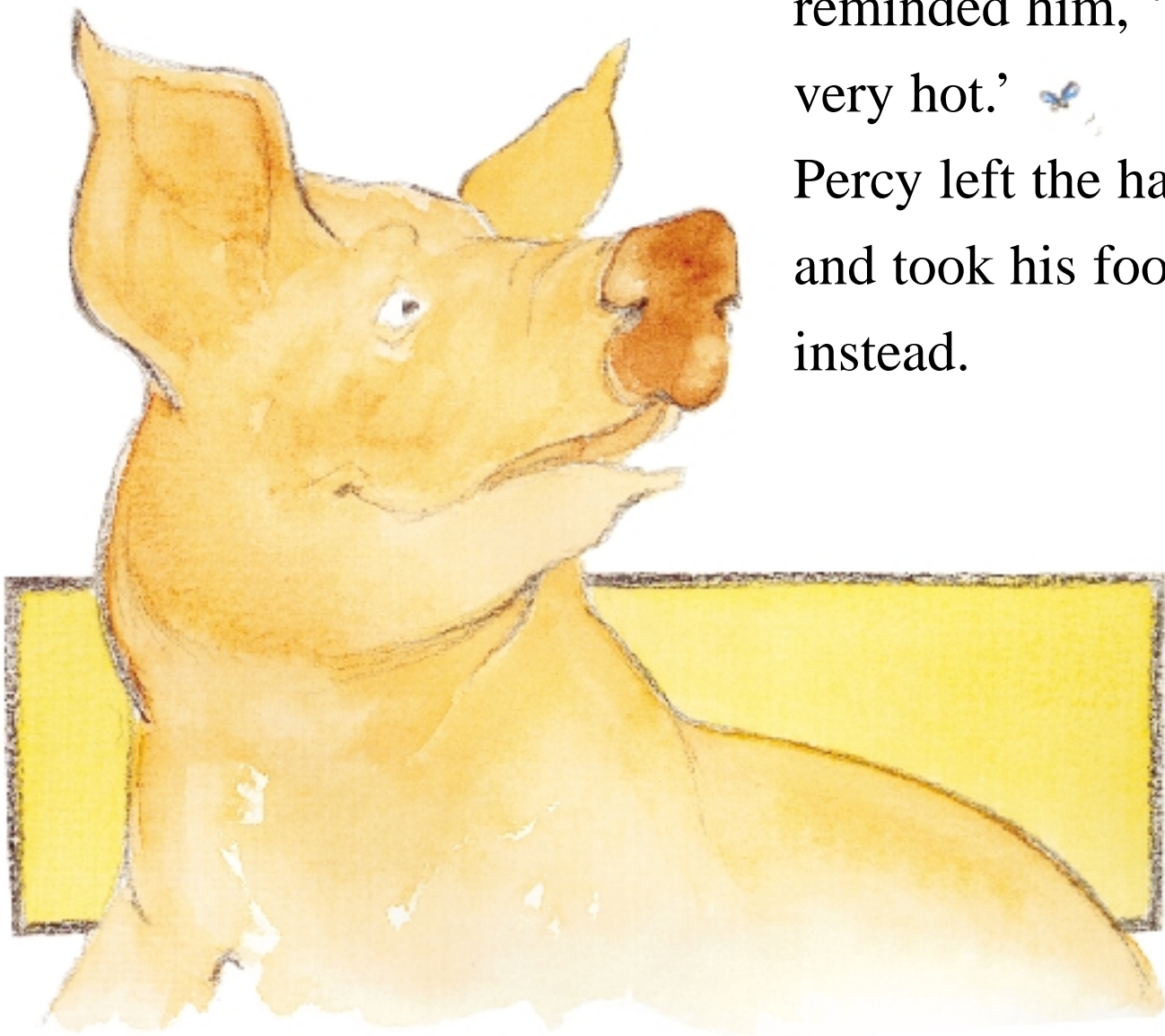
reminded him, ‘it’s

very hot.’ 

Percy left the hat

and took his football

instead.



PROMPT: Percy took no precautions against the sun

The sun was hot.
Percy and Dora
went off to play.





They chased
the ball as it bounced
all over the park.

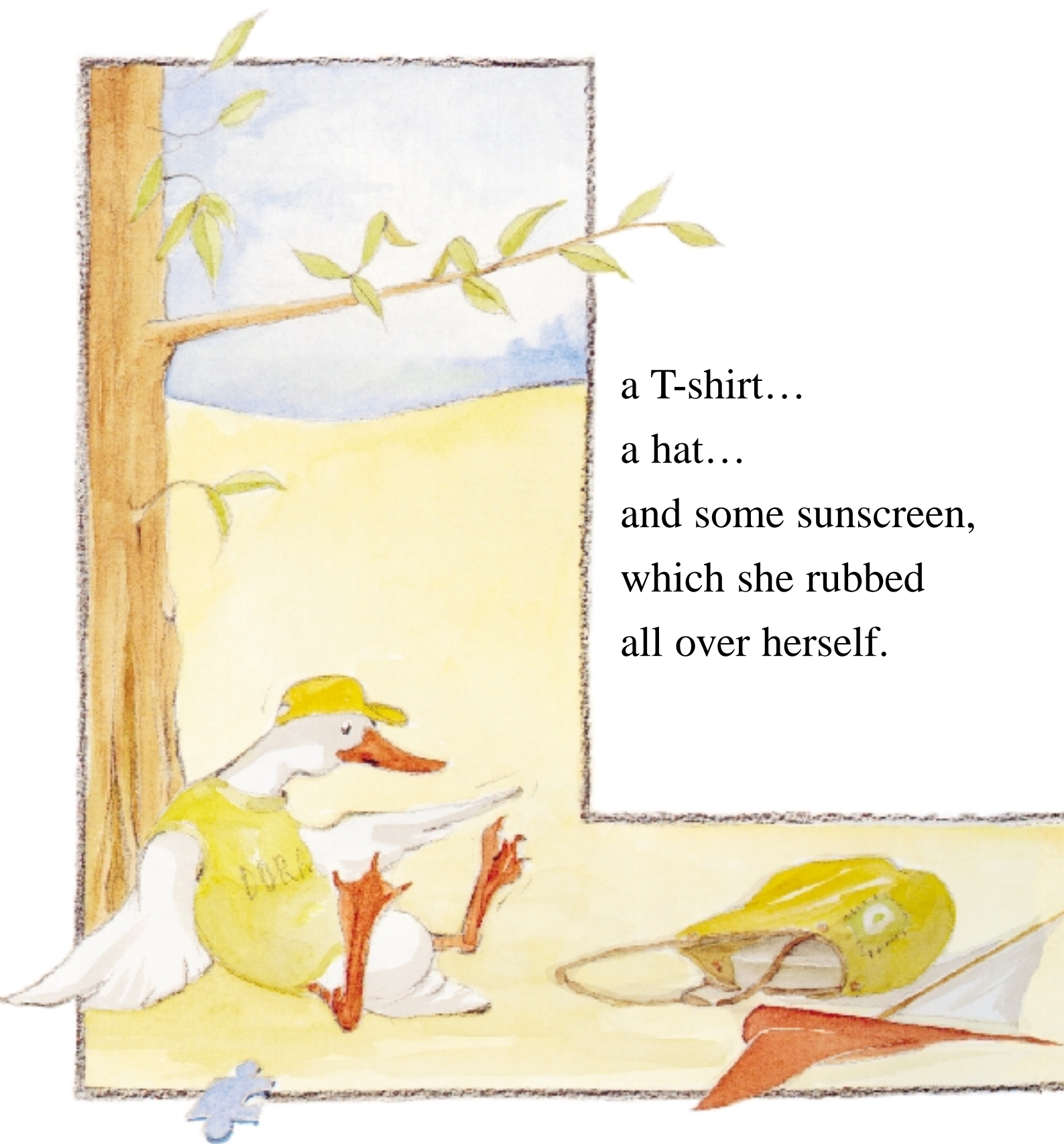
The sun got hotter. Percy wiped his brow. 'I'm too hot to run anymore.' he panted. Dora opened her bag and took out a drink. 'Have some of mine.' she said.



PROMPT: In the heat people sweat more and so need regular drinks to avoid dehydration

‘Slurrrp.’ guzzled
Percy, as Dora
started to pull more
things from her
bag...





a T-shirt...

a hat...

and some sunscreen,
which she rubbed
all over herself.

PROMPT: To protect against sunlight you need to:

- Cover up – wear a T-shirt and hat/cap
- Use sunscreen – children need minimum SPF15 regularly applied
- Avoid strong sunlight – stay in the shade

The sun got hotter. Dora sat under a tree in the shade and played with a jigsaw.

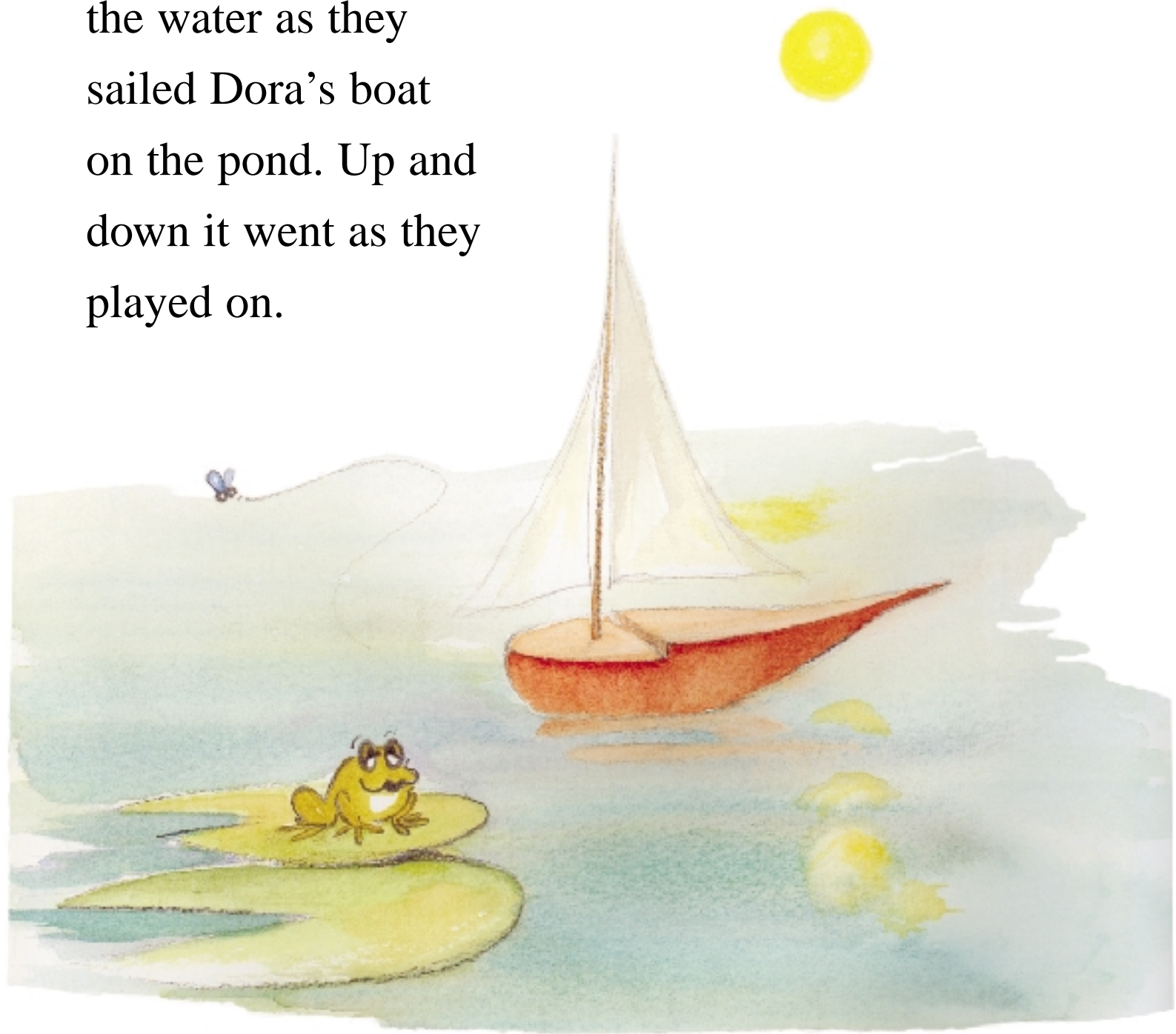
‘Wheeee?’ whooped Percy as he danced on his shadow in the sun.



PROMPT: The sun is hottest between 11 am and 3 pm in the UK

- Shade/cover/umbrellas provide some protection

The sun shone on
the water as they
sailed Dora's boat
on the pond. Up and
down it went as they
played on.



PROMPT: Reflection increased the number of rays and the likelihood of burning.
Deceptive – may feel cool in the breeze

‘Ugh!’ moaned Percy, ‘I don’t feel very well.’
Dora helped him up.
‘I’ll take you home.’ she said.



PROMPT: Too much sun will make you sick

‘Waaaah!’ sobbed Percy.

‘My head’s sore and
my eyes are funny
and my tummy hurts.’



PROMPT: Sunstroke has a variety of symptoms and is caused by too much sun exposure



‘What has happened to my little pink Percy!’ cried Mummy Pig. ‘You’ve gone all red and blotchy! I think you’ll remember from now on, when you’re having fun, it’s always better to take care in the sun.’

PROMPT: Sunburn causes hot, red, sore skin which can peel and blister.
This can harm skin for life

Always remember that on a sunny day
You need to be careful when you play.
Your skin is tender and may burn
So wear a T-shirt you should learn.
Sunscreen will keep out harmful rays
And remember to drink around midday.
To top it all just wear a hat,
It's really as simple as all that.



The story of Percy Piglet who, regardless of good advice from his companion
Dora Duck, fails to take proper Care in the Sun.



www.careinthesun.org

A pre-school reader produced by the
Eastern and Western Health & Social Services Boards

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