

Time It

The amount of time you spend in the sun can greatly impact how much skin damage is done.

Time in the Sun

The longer you spend in the sun, the greater your chance of damage.

Time of Day

The sun's rays are strongest from 10:00 am to 4:00 pm. Try to spend less time outdoors during this period, or seek added protection if this isn't possible.

Time of Year

The sun is strongest in the summer months, but you should still protect yourself all year round.



Block It

Blocking the harmful rays of the sun is one of the most important methods of protecting your child's skin. Use sunscreen often but keep in mind that you should not use sunscreen on infants six months or younger.

Protecting Babies

Protect them with long clothing, hats, and other covers.

Check the Bottle

Use SPF 30 or higher and make sure it blocks both UVA and UVB rays. Avoid sunscreens with PABA, which can irritate the skin.

Apply, Apply, Apply

Apply sunscreen all over, 15-20 min. before exposure to allow the sunscreen to form a protective layer. Reapply every two hours, or more frequently if your child is very active or sweating. Don't forget to cover small places such as the ears and toes!

In the Water

Use waterproof sunscreen if the day's activities involve water.

Protect Your Eyes

Use hats and sunglasses to protect your eyes from sunlight.

Keep It Fun

Be creative and your kids will learn healthy habits that will stay with them for a lifetime.

Make it into a Game

There are several sunscreen products with bright colors and interesting characters to make them fun for kids.

Educate

Tell your kids why sunscreen is important. It will keep them from getting painful sunburns, and help prevent serious skin damage that could lead to skin cancer.

Lead By Example

Try putting sunscreen on yourself first, and let your kids see you do it. This will show them how much it means to you, and they'll want to do it too!



Background:

- We all need sunlight to produce Vitamin D, which is necessary for healthy calcium absorption for strong bones
- Most kids receive 50-80 percent of their lifetime sun exposure before they turn 18
- Sun burning damage in early life is linked to skin cancer in later years
- There are three types of ultraviolet rays in sunlight: two are able to reach us and cause harm (UVA and UVB)
- All skin types and colors can be damaged by the sun
- Damage isn't limited to your skin: unprotected eyes can also be damaged by exposure



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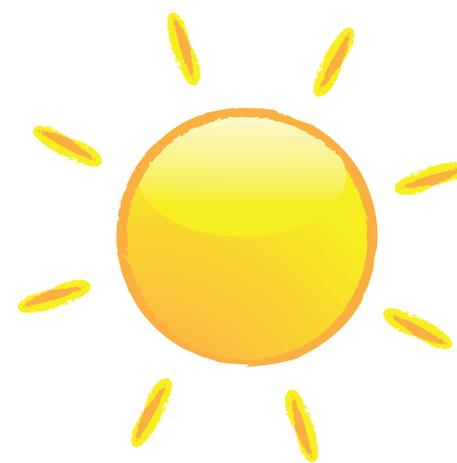


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Learn More:

www.cdc.gov/cancer/skin/

www.kidshealth.org/parent/



Summer Sun Safety

Time it. Block it. Keep it fun.

