

Sun Safety

Facts About Sun Safety



- ◆ Protecting your child from the sun until age 18 will reduce her risk of developing skin cancer later in life by 78 percent.

- ◆ While having darker skin lowers the risk of skin cancer, people with dark skin can still get it. Be sure to protect yourself and your family, no matter what skin type you have.

Sun Safety Tips

Kids spend more time outside and they are more sensitive to the sun. These are some ways to protect your child from the sun:



- ★ **Start good habits early.** Put sunscreen lotion on your child's skin **EVERY DAY** of the year. Make sunscreen one of your child's habits, like brushing his or her teeth.

- ★ **Use sunscreen with a Sun Protection Factor (SPF) between 15 and 30.** This means that your child will be protected from being sunburned 15 to 30 times longer than if he was not wearing sunscreen.



- ★ **Put on the sunscreen before going out into the sun.** Put it on when you dress your child or 30 minutes before going out. Remember to reapply every 2 hours, especially after sweating, swimming or drying off.



- ★ **Babies under 6 months old should stay out of the sun.** Children 6 months and older should **always** use sunscreen when spending time in the sun.

- ★ **Stay in the shade.** Bring an umbrella to the beach or have your picnic under a tree.



- ★ **Don't spend too much time in the bright sun between 10 a.m. and 4 p.m.** This is the time when the sun's rays are strongest.

- ★ **Wear protective clothing, a hat and sunglasses.** Use long-sleeved shirt, pants, a wide-brimmed hat and sunglasses when out in the sun.

- ★ **Be careful with cloudy days!** The most damaging rays from the sun still reach the skin, even through fog.



- ★ **Avoid reflective surfaces.** Surfaces such as water, sand, snow or concrete can reflect up to 85 percent of the sun's damaging rays.

- ★ There is no such thing as a safe tan. Tanning is the skin's reaction to being injured.

