

# Children and Sun Protection

**Your children can have fun *and* stay safe in the sun by following these simple steps ...**



- 1. Apply sunscreen** that provides a minimum Sun Protection Factor (SPF) of 30 and provides UVA and UVB (broad spectrum) protection every time your child goes outside. Higher SPF values provide slightly more protection:
  - Apply sunscreen generously 20-30 minutes before sun exposure. Don't forget to protect ears, noses, lips, and the tops of feet.
  - Use a water resistant sunscreen.
  - Reapply every 2 hours, even on cloudy days, and after swimming or sweating.

***Remember, sunscreen is not meant to allow children to spend more time in the sun than they would otherwise. Combine sunscreen with other options, such as those suggested below, to minimize or prevent UV damage.***

- 2. Seek shade** under a tree, an umbrella, a pop-up tent, etc.
- 3. Avoid or minimize summer sun exposure** during the hours of 10 am to 2 pm — UV rays are strongest and most harmful during these hours.
- 4. Use extra caution** near water, snow and sand as they reflect the sun's rays, increasing the risk of sun damage.
- 5. Wear protective clothing**
  - Long-sleeved shirt & pants. Consider UV protective clothing.
  - Broad brimmed hat that shades the face, neck and ears.
  - Sunglasses — UV can cause cataracts later in life.

For further information about sun protection and skin cancer awareness, contact the American Academy of Dermatology ([www.aad.org](http://www.aad.org)).

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**Unprotected sun exposure is even more dangerous to children who have moles, freckles, very fair skin and light hair, or a family history of skin cancer. If you have any doubts about a mole, see a dermatologist. Skin cancer is highly treatable when caught early. You can protect your child's future by protecting their skin today.**



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