

# SUN SAFETY FOR YOU AND YOUR CHILDREN

Playing outside is not only fun, it's essential for healthy growth and development. With good sun habits, including proper clothing and sunscreen, you and your family can enjoy outdoor activities safely.

## Simple tips to protect your family

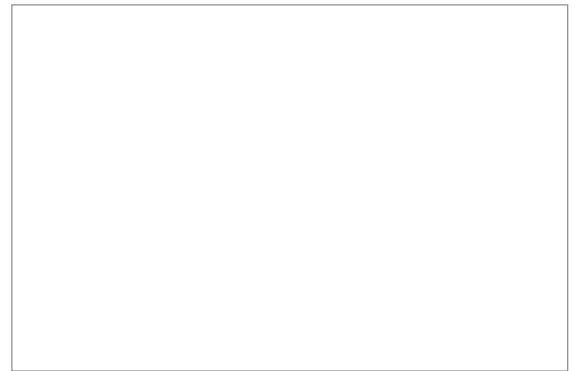


- Keep babies younger than 6 months out of direct sunlight. Find shade under a tree, an umbrella, or stroller canopy.
- When possible, dress yourself and your children in cool, comfortable clothing that covers arms and legs.
- Wear a hat with an all-around 3-inch brim to shield the face, ears, and back of the neck.
- Limit sun exposure between 10:00 am and 4:00 pm when UV rays are strongest.
- Wear sunglasses with UV protection. Look for child-sized sunglasses with UV protection too.
- Use sunscreen any time you spend time outdoors - not just at the beach. Make sun protection part of your family's daily routine.
- Have sunscreen handy in multiple bags and places. A sunscreen stick is easy to pack and great for on-the-go application.
- Remember that you can get sunburn even on cloudy days because up to 80% of the sun's UV rays can get through the clouds and UV rays can bounce back from water, sand, snow, and concrete.

UVA  
UVB  
SPF

## WHAT TO LOOK FOR IN A SUNSCREEN

- Broad spectrum (protects from UVA and UVB rays)
- UVA filters: Zinc oxide, Titanium Dioxide, Avobenzone
- SPF of 30 or higher
- Water-resistance (specifies how long the applied sunscreen will last during swimming or sweating (either 40 or 80 minutes, based on testing))
- Appropriate for sensitive skin - zinc oxide and titanium dioxide provide broad spectrum protection and are gentle to sensitive skin
- Check the expiration date. Sunscreens are designed to remain at original strength for up to 3 years.



## HOW TO APPLY SUNSCREEN

- Apply generously and liberally to all exposed areas, especially the face, nose, ears, feet and hands, and even the backs of the knees.
- Apply sunscreen 15 minutes before going out in the sun, because it takes time to absorb into your skin
- Reapply after 80 minutes of swimming or sweating, immediately after towel drying, and at least every 2 hours
- Sunscreens should not be used to increase the time spent in intense sunlight
- Use sunscreen as directed according to the information provided. For children under 6 months of age: Ask a doctor.

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