



Fun in the Sun!



How to Have Safe Fun in the Sun

Follow these easy steps provided by the American Academy of Pediatrics to keep you and your family safe from sunburns.

- Keep babies younger than 6 months out of direct sunlight.
- When possible, dress yourself and your kids in cool, comfortable clothing that covers the body.
- Select clothes made with a tight weave - they protect better than clothes with a looser weave.
- Wear a hat or cap with a brim that faces forward to shield the face.
- Limit your sun exposure between 10:00 am and 4:00 pm, when UV rays are strongest.
- Wear sunscreen.



How to Pick and Apply Sunscreen

When picking a sunscreen, look for the new UVA "star" rating system on the label.

- One star is low UVA protection.
- Two stars is medium protection.
- Three stars is high protection.
- Four stars is the highest UVA protection available in an over-the-counter sunscreen product.

When applying sunscreen,

- Use enough sunscreen to cover all exposed areas, especially the face, nose, ears, feet, and hands and even the backs of the knees. Rub it in well.
- Apply sunscreen 15 to 30 minutes before going outdoors to give time for the sunscreen to bind and absorb into the skin.
- Use sunscreen any time you or your child might sunburn.
- Reapply sunscreen every 2 hours.