

How can I protect my child from sun damage?

Sunscreens protect the skin by blocking the absorption of ultraviolet (UV) radiation, but additional caution should be taken.



The sun emits two main types of rays: **UVA (ultraviolet A)** and **UVB (ultraviolet B)**. UVA rays penetrate the outer layer of skin, damage skin cells and are the primary cause of sunburns. UVB rays penetrate deep into the layers of the skin and cause premature signs of aging such as wrinkles and age spots.



Frequent and/or intense exposure to both types of ultraviolet rays are strongly linked to all forms of skin cancer.



Sunscreen is not just for sunny days

Sunscreens help extend the length of time you can be outdoors before your skin begins to redden, but don't offer 100 percent protection from skin-cell damage. Selecting a good sunscreen is important in protecting the skin. Sunscreen should be applied 15 to 30 minutes prior to sun exposure to all areas of skin that is not covered by clothing.

SPF 30+ sunscreen should be worn every day, even if the sun is not shining. Clouds only block 20 to 30 percent of UV rays. Available options include lotions, creams, gels, ointments, wax sticks and sprays.

What does SPF mean?

Sun Protection Factor is an estimate of how well the sunscreen will protect your skin from burning. The higher the number the better.

50
15? 45
? 30?

The 10-2 rule

Even when you follow precautions, it is best to limit time in the sun during the hours of 10 am and 2 pm.



Avoid tanning beds and sunlamps



If you love outdoor activities

Use a water-resistant broad-spectrum UVA/UVB sunscreen with SPF of 30+. Reapply every two hours or immediately after being in water.

Protective clothing

Use proper clothing, umbrellas and shade trees to keep out of direct sunlight. Add protection by wearing a long-sleeved shirt, pants, a wide-brimmed hat and polarized sunglasses.



Use UV protectant laundry additive to give clothing extra protection



How to treat your child's sunburns



To treat sunburns, apply cool or iced compresses or wet towels to the skin and constantly re-wet the towels. Over-the-counter topical moisturizing lotions can be used to help reduce inflammation.

There is no such thing as a safe, healthy or protective tan. Any tan can lead to skin cancer. The best treatment for a sunburn is not to get one. If you see any unusual skin change, be sure to visit your dermatologist.