

Sun Safety Smarts!

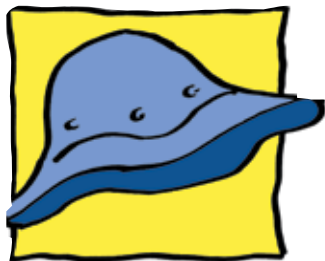
Encourage children to be sun safe when outside

- Reduce time spent in the sun between 11 a.m. to 4 p.m.
- Plan outdoor activities so children are not in direct sunlight (when it is strongest).
- Keep babies under 1 year of age out of direct sunlight.



Look for shade

- Look for or create shaded areas (under a tree, canopy or in the shade of a building).



Cover up

- Wear a hat made of tightly woven material with back flap or a brim 7.5 cm (4 inches) wide to help shade eyes, ears and neck areas.
- Long-sleeved shirts and long pants (or knee-length shorts) are recommended.
- Cover up even on cloudy days.



Tips for getting the most from sunscreen

- Choose sunscreen with SPF 15 or higher that protects from both UVA & UVB.
- If children are going to be outside for longer than 2 hours, choose a SPF of 20 – 30.
- Read and follow the manufacturer's recommendations. Check for the expiry date. Do not use after this date.
- Apply sunscreen 30 minutes before going out.
- Apply sunscreen generously to clean dry skin. Don't forget ears, nose, back of neck and backs of legs.
- Reapply every 2 – 3 hours, after perspiring and swimming.
- Test for allergic reaction when first using a sunscreen. Apply a small amount on inner forearm for 2 – 3 days. Check for adverse reaction.
- Sunscreens are not recommended for infants under 6 months of age.



Wear sunglasses

- Sunglasses worn by children should be unbreakable and 100% UVA & UVB protective.

