



Sun Safety

Too much sun exposure can cause skin cancer, affect your vision, age your skin, and affect your immune system.



- ✓ Outdoor play is good for children, but be safe in the sun! Everyone needs protection.
- ✓ Wear protective gear when in the sun. Examples include swim shirts, sunglasses, long sleeves, and hats with a wide brim.
- ✓ Use a broad-spectrum sunscreen with an SPF of 15 to 30. Apply enough to all exposed areas of skin. Re-apply it often, and after swimming or sweating, and at least every 2 hours.
- ✓ If possible, try to plan your outdoor activities outside the hours of peak sun (between 10am and 4pm). Seek shade when playing outside.
- ✓ The sun is one source of Vitamin D. Given the risks of too much sun exposure, talk to your pediatrician to make sure your child is getting enough Vitamin D through their diet or vitamin supplementation.

Signed: _____





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- ✓ Information from the American Academy of Pediatrics about how to protect your child from the sun: www.healthychildren.org (and search “sunscreen”)

Sunburn? When do I call the pediatrician?

If your baby is younger than one year old gets sunburned or if your child older than one has sunburn-related blistering, pain, or fever, call your child's doctor.

- ✓ For more information visit: nyscheck.org/rx



New York State Children's
Environmental Health Centers

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