



Sun Safety

Did you know?

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

Action Plan

- ☐ Be safe in the sun! Everyone needs protection. Wear protective gear: swim shirts, sunglasses, long sleeves, and hats with wide brims.
- ☐ Use a broad-spectrum sunscreen with an SPF of 15 to 30. Apply enough to all exposed areas of skin. Re-apply often, at least every 2 hours, and after swimming or sweating.
- ☐ If possible, 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.
- ☐ Sunburn? When do I call the pediatrician? Call your child's doctor if your baby is younger than one year old and gets sunburned or if your child older than one has sunburn-related blistering, pain, or fever.

[more](#) →

Resources

To find out the UV index in your zip code, visit epa.gov/sunsafety and click "What's your UV forecast?"

For information from the American Academy of Pediatrics about how to protect your child from the sun, visit healthychildren.org and search "sunscreen."

For more information visit: nyscheck.org/rxs

