



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

For information from the American Academy of Pediatrics about how to protect your child from the sun, visit [healthychildren.org](https://www.healthychildren.org) and search "sunscreen."

For more information about sun safety in New York State and specifically the Hudson Valley region, visit:

health.ny.gov and search "Sun Safety"

health.westchestergov.com and search "Sun Safety"

For a place to cool off, check out your local library or find a cooling center in your area:

health.ny.gov and search "Cooling Centers"

*Some cooling centers may not be open under current COVID-19 guidelines. Please call your local cooling center for more information.

For more information, visit: nyscheck.org/rxs

To request an environmental telehealth consultation with one of the experts at the Children's Environmental Health Center of the Hudson Valley, please call 914-493-7585.

