



## 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

- Outdoor play is good for children, but 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, try to plan your outdoor activities outside the hours of peak sun (between 10am and 4pm). Seek shade when playing outside.

[more](#) 



- 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?  
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.

## Resources

Information from the American Academy of Pediatrics about how to protect your child from the sun:

[www.healthychildren.org](http://www.healthychildren.org) (and search “sunscreen”)

For more information visit: [nyscheck.org/rx](http://nyscheck.org/rx)

