Sun damage to skin is cumulative and can lead to skin cancer later in life.

Tips

- Limit children’s time in the sun between 10 a.m. and 4 p.m. when the sun’s rays are the strongest and most harmful.
- Use tree and patio covers to increase the amount of shade in play areas.
- For best coverage, wear hats, long-sleeved shirts and pants when playing in the sun — and don’t forget the sunglasses.
- Sun safety is never out of season. The sun’s harmful ultraviolet rays reflect off water, snow and sand and can even reach the earth’s surface on cloudy days.

*Some content in this brochure is obtained from the Kaiser Kids Sun Care Program.*
Dear Parents,

Hey Moms and Dads! We know that you will do anything in your power to protect your child from harm. Some things that hurt our kids easily can be over-looked. For instance, something as small as a sunburn can affect a child’s health several years down the road. To help protect your kids from the sun, please encourage them to:

- Apply UVA/UVB sunscreen with SPF 30 or greater.
- Wear a hat, shirt and other protective clothing—Cover Up!
- Wear sunglasses that block both UVA and UVB rays and are shatterproof.

Did you know?

- Damage from the sun begins in early childhood.
- Sun damage can lead to skin cancer.
- A single severe sunburn in childhood doubles the chances for melanoma, the most deadly form of skin cancer.
- Skin cancer is the most common type of cancer in the United States and is being diagnosed at younger ages.

Sunscreen Unveiled!

- Apply sunscreen 15 to 30 minutes before sun exposure.
- Reapply sunscreen every two hours. Also reapply immediately after swimming or sweating a lot.
- Use, at minimum, 1 ounce of sunscreen during every application.

Babies Need Special Care

- Keep infants younger than six months in the shade all of the time.
- According to the American Academy of Pediatrics, it is safe to use sunscreen on small areas of a baby’s body, such as the face and the backs of hands, if protective clothing and shade are not