

# Block the **SUN**... ...Not the **FUN**

## Did You Know?

- Skin of any color can get sunburned
- Sun burns can lead to skin cancer
- Skin cancer prevention begins when children are very young
- A single bad sunburn when you are young **doubles** the chances for skin cancer



## What You Can Do

- It is best to keep children out of the sun from 10 a.m. to 2 p.m. when the sun's rays are the strongest, and/or dress children in lightweight long sleeved shirts, pants and a wide brimmed hat to protect them from the sun's rays
- Stay in the shade
- Use sunscreen lotion with an SPF (Sun Protection Factor) of 15 or more
- Apply sunscreen to exposed skin 30 minutes before going outside
- Re-apply sunscreen every two hours and after sweating or swimming
- Use sunscreen on cloudy days too! The sun reflects off water, snow and cement. You can get sunburned any time of the year.



## Babies and the Sun

- Do not use sunscreen lotion on your baby until they are 6 months old
- Keep infants under 6 months old in the shade all the time
- Use a stroller with a canopy, an umbrella or a tree with shade
- Follow the directions on the sunscreen lotion label and your health care provider