

Name of Child: \_\_\_\_\_ Date: \_\_\_\_\_

## Sun Safety

Playing outdoors can be fun, but the sun can hurt a child's skin. Too much sun can lead to skin cancers, cataracts and aging skin too soon.

Even children with dark skin can be hurt by the sun.

Here are some tips to help your child stay safe from the sun.

### Babies under 1 year old

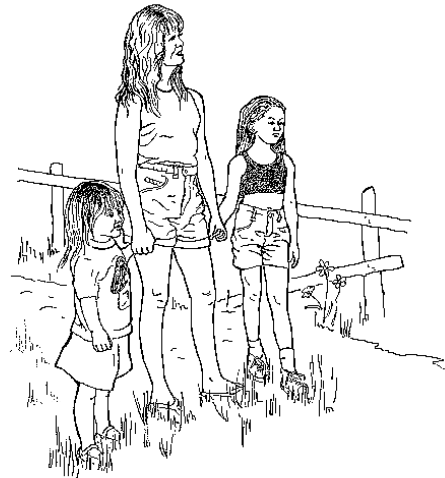
Keep newborn babies out of the sun. If you must take a baby outside, cover the baby with a hat, pants and lightweight long-sleeved shirt. Do not put sunscreen on babies under six months of age.

### Not too much sun

Every day the sun comes out and can hurt your child's skin. You don't have to be at the beach to get a sun burn.

Cloudy skies may cool the air, but harmful sun rays still come through the clouds. Staying in the shade will not totally protect your child from the sun. Sunlight reflects off water, sand, concrete, and snow, and can reach under water.

Keep your child out of the sun during the middle of the day. The sun is the strongest between 10 in the morning to 4 in the



**You don't have to be at the beach  
to get a sun burn.**

afternoon. The sun's rays are strongest when your shadow is shorter than you. Have children play in the shade, when possible. When it is very hot or humid, don't let children play outside more than 30 minutes. If they must play outside, make sure they put on sunscreen.

Some medicines make skin more sensitive to sun. Some of these medicines include tetracycline, antidepressants, and some medicines that treat cancer. Ask your doctor or pharmacist about the medicines your child is taking.

## **Clothes**

Dress children in clothes that are light in weight, dark in color and fit loosely. A hat with a wide brim will also help protect your child from the sun. Sunglasses should say they protect against UV (ultraviolet) light.

## **Sunscreen**

In Arizona, even on cloudy days, your child can get a sun burn. Having a tan or dark skin does not protect your child from the sun. Sunscreen may keep the skin from burning in the sun. However, the sun may still hurt the skin. It is best to stay out of the sun, or cover up. If your child must go out into the sun, use sunscreen.

Use sunscreen that is 25 SPF (Sun Protection Factor) or higher. Waterproof sunscreen is best. Sunscreen in sticks may be easiest to use, they won't drip and sting eyes. Make sure you cover all the skin that shows. If you put too little sunscreen on, it cannot protect the skin well.

Use zinc oxide on sensitive spots, like hands, ears, cheeks, feet, shoulders and behind the neck. Some brands come in bright colors.

Fifteen to 30 minutes before your child goes outside, put on sunscreen. Put sunscreen on again every 3 or 4 hours, more often if your child is swimming.

## **And a hot weather tip: Drink enough**

Even if your child is not thirsty, have him or her drink plenty of water. Give your child watery foods, like melons, oranges and peaches. Mix fruit juice with water or add ice.

## To learn more about sun safety:

American Cancer Society  
2929 East Thomas Road  
Phoenix, Arizona 85016  
(602) 224-0524  
www.cancer.org

American Academy of Dermatology  
www.aad.org

## Now that you've read this:

Tell your nurse or doctor how you will keep your child safe in the sun. (Check when done.)



If you have any questions or concerns,

call your child's doctor or  call \_\_\_\_\_

If you want to know more about child health and illness,  
visit our library at The Emily Center at Phoenix Children's Hospital  
1919 East Thomas Road  
Phoenix, AZ 85016  
602-546-1400  
866-933-6459  
www.phoenixchildrens.com

### Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

Tuesday, May 13, 2008 • DRAFT in family review  
#398 • Written by Dana Z. Spiel • Illustrated by Dennis Swain.  
This handout is also available in Spanish as #571/398s.



Name of Health Care Provider: \_\_\_\_\_ Number: 398

For office use: Date returned: \_\_\_\_\_  db  nb

## Family Review of Handout

**Health care providers:** Please teach families with this handout.

**Families:** Please let us know what you think of this handout.

Would you say this handout is hard to read?  Yes  No

easy to read?  Yes  No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read?  Yes  No

Why or why not?

Would you do anything differently after reading  
this handout?  Yes  No

If yes, what?

After reading this handout, do you have any  
questions about the subject?  Yes  No

If yes, what?

Is there anything you don't like about the drawings?

Yes  No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

Fran London, MS, RN  
Health Education Specialist  
The Emily Center  
Phoenix Children's Hospital  
1919 East Thomas Road  
Phoenix, AZ 85016-7710

602-546-1395

[flondon@phoenixchildrens.com](mailto:flondon@phoenixchildrens.com)

**Thank you for helping us!**