

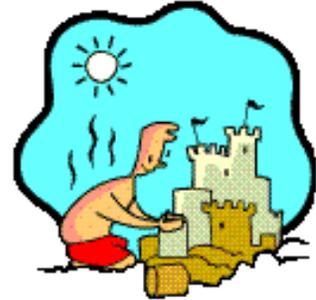
## **Preventing Sunburn**

### **What is sunburn?**

Sunburn is damage to the skin caused by ultraviolet radiation from the sun.

### **Why should I protect my child from sunburn?**

The sun's rays are harmful. Sunburn can age the skin. This can cause wrinkles, blotches, drying and leatherng of the skin. It can also cause skin cancer. Up to 90% of all skin cancer is from too much exposure to sun.



### **What tips should I follow?**

To protect your child when outside, follow these tips:

- Infants under 6 months of age should not use sunscreen. They should be kept out of the sun completely.
- Have your child cover up with a wide brim hat, long sleeves or pants when possible.
- Have your child stay out of the sun during midday hours. The sun's rays are the strongest between 10am and 3pm.
- Use a sunscreen that has a Sun Protection Factor (SPF) of at least 30. It should also have both UVA and UVB coverage.
- Look for sunscreens with active ingredients of titanium dioxide, zinc dioxide and/or Parsol 1789 (Avobenzone).
- Put sunscreen lotion on at least 15 minutes before your child goes outside. Be sure to put it on all exposed areas of skin. This includes the face, back of the neck, ears, nose and feet. Do not get it in the eyes or on eyelids.
- Reapply the sunscreen every 2 hours. Put on more often if your child is swimming or sweating.
- Use at least one ounce (about the size of a half-dollar) of sunscreen. Using less than that can reduce the sunscreen's protection.
- Teenagers with acne can use a sunscreen that is oil-free and non-comedogenic. This sunscreen does not cause blemishes or pimples.
- Check the expiration date of the sunscreen you are using. Do not use sunscreen if it is past the expiration date.



## Tips (continued)

- Keep sunscreen out of the sun and heat. Sun and heat can break down the chemicals in the lotion.
- Some surfaces can reflect sunlight and cause sunburn. These include sand, water, cement and snow. Even on cloudy or hazy days, the sun's radiation can still burn your child.
- Set an example for your child by using sunscreen and staying covered when out in the sun.
- Keep sunscreen out of reach of young children.

## What should I do if my child gets sunburn?

If your child's skin gets burned, do the following:

- Give your child water or juice. This helps to replace body fluids your child has lost.
- Give acetaminophen if your child is in pain or has a temperature over 101° F (38.3° C).
- Dab a light moisturizing lotion on the burned area. Do **not** put rubbing alcohol on the skin.
- Your child may take a bath in clear water that is cool to the touch.
- Keep your child out of the sun until the sunburn heals.



**ALERT:** Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child:

- Is under one year old and is sunburned. This is a medical emergency. **Call your child's doctor immediately.**
- Has severe pain or blistered skin.
- Is much more tired than normal.
- Has a temperature over 101° F (38.3° C).
- Has special health care needs that were not covered by this information.

**This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.**