

# Sun Safety

## How is sun exposure dangerous?

We all need some sun exposure. When skin is exposed to the sun, our bodies make Vitamin D, which helps the body absorb calcium for stronger, healthier bones. It only takes a little time in the sun, about 15 minutes, for most people to get the Vitamin D they need because most Vitamin D needs should be met with a healthy diet. Too much sun exposure can be unhealthy. Just a few serious sunburns can increase your child's risk of cancer later in life. Kids don't have to be at the pool, beach, or on vacation to get too much sun. Their skin needs protection from the sun's harmful ultraviolet (UV) rays whenever they're outdoors.

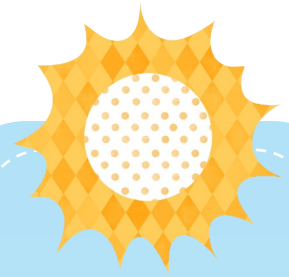
## How can I protect my child from the sun?

**Use sunscreen**—The American Academy of Dermatology (AAD) and the American Academy of Pediatrics (AAP) recommend that all kids, regardless of their skin tone, wear a broad spectrum sunscreen (meaning it protects against both UVA and UVB rays) with an SPF of 30 or higher. Apply a generous amount and re-apply often.

**Avoid the strongest rays of the day**— Try to stay in the shade when the sun is at its strongest, usually from 10 a.m. to 4 p.m. If kids are in the sun during this time, apply and re-apply sunscreen. Remember that even on cloudy, cool, or overcast days, UV rays reach the earth and can cause unexpected sunburn and skin damage.

**Cover up**— One of the best ways to protect skin is to cover up. Make sure any clothing offers enough protection.

**Wear sunglasses**— Sun exposure damages the eyes as well as the skin. The best way to protect eyes is to wear sunglasses that provide 100% UV protection.



### *Treating a Sunburn*

Have your child take a cool (not cold) bath, or gently apply cool, wet compresses to the skin to help ease pain and heat.

Apply pure aloe vera gel (available at most drugstores) to any sunburned areas.

Give your child anti-inflammatory medicine like Ibuprofen or use Acetaminophen (Tylenol) to ease pain. **DO NOT** give aspirin to children or teens!

Apply moisturizing cream to skin to rehydrate and treat itching.

Keep your child out of the sun until the sunburn is healed. Any further sun exposure will only make the burn worse and increase pain.

If the sunburn is severe and blisters develop, call your child's doctor.

[https://www.cdc.gov/cancer/skin/basic\\_info/sun-safety.htm](https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm)

