

## **Make sunscreen a habit for every outdoor sport and activity**

- Check your skin regularly for new moles that are tender or growing.
- The best defenses against getting too much harmful UV are protective clothing, shade and timing
- Don't get burned. Red, sore, blistered or peeling skin means too much sun
- Wear clothes; shirts, hats, shorts and pants provide the best protection from UV rays
- Find shade – or make it. Picnic under a tree, read beneath an umbrella, take a canopy to the beach. Keep infants in the shade. Go outdoors in early morning or late afternoon, when the sun is lower. UV peaks at midday.
- Good sunglasses protect your eyes from UV radiation that causes cataracts.

### **Wear sunscreen**

Some sunscreens prevent sunburn but not other types of skin damage. Stick to **SPFs between 15 and 50+.** **Reapply often.** Cream is best because sprays cloud the air with tiny particles that may not be safe to breathe. Sunscreen chemicals sometimes degrade in the sun, wash off or rub off on towels and clothing.

### **Sun safety tips for kids**

Kids are more vulnerable to sun damage. A few blistering sunburns in childhood can double a person's lifetime chances of developing serious forms of skin cancer. The best sunscreen is a hat and shirt. After that, protect kids with a sunscreen that's effective and safe.

- **Infants** under six months should be kept out of direct sun as much as possible. Their skin is not yet protected by melanin. So when you take your baby outside:
  - Cover up – with protective clothing, tightly woven but loose-fitting, and a sun hat.
  - Make shade – Use the stroller's canopy or use an umbrella.
  - Avoid midday sun – Take walks in the early morning or late afternoon.
  - Follow product warnings for sunscreens on infants less than 6 months old.
- **Toddlers and children** Young children's skin is especially sensitive to chemical allergens – as well as the sun's UV rays.
  - Test sunscreen by applying a small amount on the inside of your child's wrist the day before you plan to use it. If an irritation or rash develops, try another product.
  - Slop on sunscreen and reapply it often, especially if your child is playing in the water or sweating a lot.
  - Send a sunscreen to daycare and school.
- **Teens** Teenagers coveting bronzed skin are likely to sunbathe, patronize tanning salons or buy self-tanning products – all bad ideas. To parents of teens: Be good role models – let your teen see that you protect yourself from the sun. Tan does not mean healthy.