



Cover Up

Children need to play outside, but playing too long in the sun can lead to sunburn and skin damage. A sunburn can occur in just 10 minutes during the midday sun even on cold days. Even children with dark skin can get skin damage. Research shows a definite link between sunburn, especially during childhood, and skin cancer.

Clothes and hats provide protection that does not wash or wear off.

- ✓ Choose clothes that cover more skin. Long- or short-sleeved shirts provide more sun protection than tank tops. Capris or long pants protect better than shorts. Shoes and socks protect the feet and ankles.
- ✓ Dress to stay cool with layers of clothing that can be removed to accommodate indoor and outdoor play and temperature changes.
- ✓ Light colored clothing feels cooler because the fabric reflects heat. However, dark colors absorb harmful ultraviolet light better and provide more skin protection. Also, tightly-woven fabric provides more sun protection.
- ✓ Some companies offer "sun-safe" clothing that is light, durable, and ventilated. This clothing is labeled with a UPF (Ultraviolet Protection Factor) number to show its sun protective value.
- ✓ Laundry additives, such as SunGuard, can increase the sun protection of your child's clothing. Follow the manufacturer's instructions on the package. Watch your child for signs of skin irritation or allergic reaction to the ingredient.
- ✓ Hats with wide (4") brims can shade the face, head, and neck. Safari-style hats with a flap in the back are the best.

Practice sun safety, every day, all year long.