



Sun Safety and Infants

Infants need time outside but should not be exposed to direct sunlight. A baby's skin is delicate and can be easily sunburned in as little as 10 minutes, even on a cloudy or cool day.

- ✓ Keep your baby in the shade. Also, avoid exposure to indirect sun rays reflected from sand, cement, water, snow, or ice.
- ✓ Cover your baby with cool loose-fitting clothing that covers most of their skin. Protect the head, face, and eyes and with a wide brimmed hat.
- ✓ Ask your baby's doctor about light-weight sunglasses that provide "100% UV protection" for the eyes.
- ✓ Protect infants while riding in a vehicle. Children should not ride in open top vehicles (convertibles). Self-adhesive window film can be applied to side windows for UV protection but should not interfere with the driver's ability to see.
- ✓ If adequate clothing and shade are not available, then ask your doctor about using sunscreen on small areas of skin, such as the face or back of hand. Choose sunscreen products labeled "PABA-Free" and that contain titanium dioxide, avobenzone, or zinc oxide.

Plastic, vinyl, and metal parts of strollers, safety seats, and play equipment can get hot in the sun. Check surfaces and buckles with the back of your hand. If it feels warm to you, then it can burn your baby.

Young children can easily overheat, leading to dehydration, fever, and life-threatening heatstroke. Do not over-dress your baby. If you are comfortable in light-weight cotton clothes, so will your baby.