



Sun Safe Lips

Children need outside play and activities to promote fitness and motor skills. And sunshine helps our bodies make Vitamin D, which works with calcium to build strong bones.

Sun-safe actions include staying in the shade and avoiding midday exposure; wearing hats, cover-up clothing and sunglasses; and applying sunscreen. But do not forget to protect the lips! Lips do not tan, but they can burn.

Lip balm labeled with SPF (Sun Protection Factor) helps protect lips from the sun's UV rays. Regularly applying lip balm also helps prevent dry, cracked, or chapped lips.

There are many lip balm choices. Flavors, fragrances, and colorful containers make sun safety fun for children.

- ✓ Choose lip balm labeled SPF 15 or higher.
- ✓ Provide individual lip balm for each child. Supervise children as they apply the lip balm. Do not allow sharing with children or adults; sharing can pass germs and infections.
- ✓ Apply lip balm each time children go outdoors. Reapply every 2 hours if the child is outdoors.
- ✓ Store lip balm out of children's reach. Many lip balms taste good and children may try to eat them.
- ✓ Do not allow children to wear lip balm containers on neck cords which can cause strangulation.
- ✓ Some children are sensitive to fragrances or color dyes. If you observe skin irritation or allergic reactions, then select a lip balm that is free of fragrance and dye.

Practice sun safety, every day, all year long.