



## Sunburn

Children need sunshine and outdoor play. Sunshine provides vitamin D, which helps their bodies absorb calcium for stronger, healthier bones. But too much sun exposure can cause sunburn.

Children have tender skin and a short time in the midday sun can cause painful burns. Even a single sunburn in childhood can increase your child's risk of developing skin cancer later in life. Some cancers, including melanoma, are life-threatening and can affect young adults in their twenties.

If your child gets sunburned, the following tips may make him or her more comfortable:

- ✓ Have your child take a cool bath.
- ✓ Ask your doctor or pharmacist about remedies such as aloe vera gel or moisturizing cream. Avoid products with benzocaine or other ingredients which may cause additional skin irritation and pain. Do not apply products near the child's eyes.
- ✓ Your doctor may also recommend an over-the-counter pain reliever like acetaminophen or ibuprofen. Do not give aspirin to children or teenagers.
- ✓ If the sunburn or pain is severe, if your child has a fever, or if blisters develop call your doctor.
- ✓ Do not peel off loose skin. The skin underneath is at risk of infection.
- ✓ Keep your child out of the sun until the sunburn is healed.

There is no such thing as a healthy tan! Tanning, even from tanning beds, damages the skin and increases the risk of developing melanoma, the deadliest form of skin cancer.

Practice sun safety, every day, all year long.