



Use Sunscreen

The sun's rays provide warmth and light, and children need outdoor playtime every day. But too much sun can cause sunburn or skin damage, even on cloudy or cool days. Research shows a definite link between sunburn – especially during childhood – and skin cancer, including melanoma.

Hats, cover-up clothing, and seeking shade are the best ways to avoid overexposure. But skin that is exposed should be protected with sunscreen.

- ✓ Apply a sunscreen product labeled SPF 30 or higher. The SPF (Sun Protection Factor) is a scale for rating the level of sunburn protection. The higher the SPF, the more sunburn protection it provides.
- ✓ Read the label and choose "broad-spectrum" sunscreen. This product provides protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays.
- ✓ Avoid combination sunscreen and insect repellent products because sunscreen should be reapplied more often than insect repellent.
- ✓ Follow instructions on the product container.
- ✓ Apply sunscreen to all bare skin, including the ears and top of the head where the hair parts.
- ✓ Keep sunscreen out of eyes.
- ✓ Apply sunscreen about 20 minutes before the child goes outdoors. Use plenty of sunscreen to cover skin well.

Sunscreen products do not provide all-day protection. Generally, protection lasts about two hours. If the child will be playing outside longer than two hours, or if he is going back outside after two hours, apply more sunscreen. Also, reapply sunscreen after sweating a lot, playing in water, or toweling off.