

How Do I Keep Myself and My Family Safe From the Sun?

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There are many things that you can do to protect you and your family from sun damage. These include:

○ **Apply Child-Safe Sunscreen:**

- Sunscreen should be **broad-spectrum** and **at least SPF 30** (or higher).
- Sunscreen should be applied **15 minutes before going outside**. It should be **re-applied every 2 hours**. You should apply to all sun-exposed areas, like the arms, legs, face, and ears. Sunscreen should be worn even on cloudy days.
- **Mineral-based options** (zinc oxide or titanium dioxide) are great for sensitive skin.
- Pro tip: Small travel-sized bottles or stick sunscreens are lightweight and easy to pack.

○ **Wear Wide-Brimmed Hats:**

- Hats with a **3+ inch brim** can help protect the face, neck, and ears.
- You can find hats with **UPF 50+** to help further protect from sun damage. UPF 50+ clothing and hats help block UV rays from the sun.
- Lightweight hats are preferred on hot days.
- Pro tip: Buy hats with straps to keep them secure.

○ **Wear UV-Blocking Swimwear/Clothes:**

- Buy long-sleeved **rash guards** with UPF 50+ protection. You can find these online or in some stores.
- You should still apply sunscreen to sun-exposed areas that are not covered by this clothing. This may include the hands, legs, face, and ears.
- Pro tip: These clothes can save time when applying sunscreen since you don't need to apply sunscreen under clothes with UPF50+ protection. They can also be helpful in children who do not like sunscreen.

○ **Wear Sunglasses with UV Protection:**

- **Sunglasses should have 100% UV-blocking lenses** to help protect the eyes.
- Pro tip: Buy sunglass straps or bands to help them stay on active children.

○ **Wear Lip Balm with SPF:**

- SPF lip balms help to protect lips from sunburn.

○ **Travel with Options to Make Shade:**

- Buy compact **pop-up sun shelters** or umbrellas for long days in the sun. They can provide relief and help protect you from the sun.

○ **Carry a Reusable Water Bottle:**

- Staying hydrated is key when being outside for long periods of time.

- **Adults** should aim to drink 8 ounces of water every 15-20 minutes when being active outside on a hot day. Children should also drink water every 15-20 minutes when active outside. But, they may need to drink **less than 8 ounces** because they are smaller. You should ask your pediatrician (child and teen doctor) how much your child should drink.
- Pro tip: Having a cute, kid-friendly water bottle might encourage your child to drink more water.

Sun Safety Check List

Life can be busy with many moving parts, like when you are packing to go to the pool or beach. Here is a checklist to help make sure that you bring everything that you need.

Items That You Should Bring	
☐	Sunscreen that is at least SPF30+
☐	Lip balm with SPF
☐	Water bottle

Items That May be Helpful	
☐	Clothing with UPF50+
☐	Wide brimmed hat
☐	Sunglasses that block UV rays
☐	Item that make shade, like pop-up sun shelters or umbrellas

What are things I should do while outside for long periods of time?

Action Items	
☐	Apply sunscreen at least 15 minutes before going outside. This should be on all sun-exposed areas, like the face, ears, neck, arms, hands, tops of feet, and legs.
☐	Reapply sunscreen at least every 2 hours to all sun-exposed areas.
☐	Stay hydrated by drinking water every 15-20 minutes.

Sun Safety Game

Playing a game with children can help them engage in sun safety. Having rewards may also help. Rewards can be simple and do not need to cost money. Below is an example of a game.

You score 1 point for each item that you do. You can place a check mark or an X beside each item that you do to keep track. At the end of the day, your reward will depend on how many points you get.

[illegible]

☐	Drink water every 15-20 minutes Water break time: _____
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☐	Drink water every 15-20 minutes Water break time: _____
☐	
☐	
☐	
☐	
☐	
☐	
☐	

Total points: _____

Rewards:

_____ points = _____

_____ points = _____

_____ points = _____

_____ points = _____

_____ points = _____