

Resource 6: All-Ages Sun Safety Information

All-Ages Sun Safety Information	
Babies age <6 months	<p>Avoid sun exposure, dress infants in lightweight long pants, long-sleeved shirts, and brimmed hats that shade the neck to prevent sunburn.</p> <p>When adequate clothing and shade are not available, a minimal amount of sunscreen with ≥ 15 SPF (sun protection factor) can be applied to small areas, such as the infant's face and the back of the hands.</p> <p>If an infant gets sunburned, apply cold compresses to affected area.</p>
Children age ≥ 6 months, adults	<p><i>The first and best line of defense against the sun is covering up.</i> Hat with a three-inch brim or bill facing forward, sunglasses that block 99–100% of ultraviolet rays, cotton clothing with a tight weave</p> <p><i>Stay in shade whenever possible</i> and limit sun exposure during the peak intensity hours (between 10 AM and 4 PM)</p> <p><i>On both sunny and cloudy days, use a sunscreen</i> with an SPF ≥ 15 that protects against UVB and UVA rays.</p> <p><i>Apply enough sunscreen</i>, about 1 oz (approx. 30 mL) per sitting for the older child and adult.</p> <p><i>Reapply sunscreen every two hours</i>, or after swimming or sweating.</p> <p><i>Use extra caution near water, sand, and snow</i>, as these reflect UV rays and can result in sunburn more quickly.</p>

Source: American Academy of Pediatrics, Summer Safety Tips, available at <https://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/pages/sun-and-water-safety-tips.aspx>

 **Notes:**