# **SUN SAFETY**

## Some Basic Sun Facts:

- A history of one blistering sunburn during childhood or five sunburns at age any doubles the risk of skin cancer
- Protecting yourself and your child from too much sun exposure is the most important step you can take in preventing skin cancer
- Limiting sun exposure is the best protection.
- There is no 'safe' suntan.

### Protection from the Sun

- Limit your outdoor activities between the hours of 10 a.m. and 4 p.m. This is when the sun's rays are the strongest.
- Use sun precautions every day! Even on a cloudy day, much of the sun's ultraviolet rays pass through the clouds.
- Apply sunscreen to your children before they leave the house in the morning. Be sure to send sunscreen with your child to daycare, school and camp!
- · Remember to apply enough sunscreen to cover all exposed areas, including the scalp, ears, neck, hands, and feet.
- Remember to reapply sunscreen at least every 2 hours, more frequently if your child is swimming or sweating.
- Wear sun-protective clothing: a broad-brimmed hat, UV-protective sunglasses, and sun-protective clothing and swimwear rated
   UPF 50
- Umbrellas, trees, shadows and picnic shelters are good sources of shade.
- Remember that the sun reflects off of the water, snow, concrete and sand. Being near these can lead to unexpected sunburn.
- Use of tanning beds and tanning booths is NOT safe! These devices deliver UVB light, which contributes to the development of skin cancer and photo damage of the skin.

IF YOUR CHILD IS GETTING A SUNTAN DESPITE USING SUNSCREEN, THEY ARE STILL GETTING TOO MUCH SUN!
YOU WILL NEED TO USE COVER-UP CLOTHING AND KEEP THEM OUT OF THE SUN

#### **Treatment/ Precautions:**

The American Academy of Dermatology recommends that in order to prevent both skin cancer and other forms of skin damage related to ultraviolet light from the sun, you should choose a sunscreen labeled "broad-spectrum" with SPF 30 or higher that is water-resistant

- For children with sensitive skin, choose a sunscreen containing Titanium Dioxide and/or Zinc Oxide
- Ask your child's doctor if any medicines your child is taking will make him/her more susceptible to sunburn. Medicines such as tretinoin (Retin-A®) and doxycycline can make you more likely to get a sunburn.

## When to Call Your Doctor:

If your child develops sunburn, the following care is recommended:

- Cool baths followed by application of a moisturizer are soothing
- Hydrocortisone cream, available over the counter, may be applied twice daily
- Ibuprofen can help with pain or discomfort. Contact your regular healthcare provider if you are unsure of the correct dose
- Drink plenty of water to prevent dehydration
- If your child develops blisters, contact your regular healthcare provider. Do not open the blisters. You may cover the affected areas with an antibiotic ointment and bandages



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