

How Can I Protect My Children from the Sun?

Just a few serious sunburns can increase your child's risk of skin cancer later in life. Kids don't have to be at the pool, beach, or on vacation to get too much sun. Their skin needs protection from the sun's harmful ultraviolet (UV) rays whenever they're outdoors.

There are three types of UV rays. UVA is believed to damage connective tissue and increase the risk for developing skin cancer. UVB penetrates less deeply into the skin, but can still cause some types of skin cancer. Natural UVC is absorbed by the atmosphere and does not pose a risk.



Seek shade. UV rays are strongest and most harmful during midday, so it's best to plan indoor activities then. If this is not possible, seek shade under a tree, an umbrella, or a pop-up tent. Use these options to prevent sunburn, not to seek relief after it's happened.



Cover up. When possible, long-sleeved shirts and long pants and skirts can provide protection from UV rays. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors. Some clothing certified under international standards comes with information on its



Get a hat. Hats that shade the face, scalp, ears, and neck are easy to use and give great protection. Baseball caps are popular among kids, but they don't protect their ears and neck. If your child chooses a cap, be sure to protect exposed areas with sunscreen.



Wear sunglasses. They protect your child's eyes from UV rays, which can lead to cataracts later in life. Look for sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.



Apply sunscreen. Use sunscreen with at least SPF 15 and UVA and UVB (broad spectrum) protection every time your child goes outside. For the best protection, apply sunscreen generously 30 minutes before going outdoors. Don't forget to protect ears, noses, lips, and the tops of feet.

See Page 2 for more sun health tips →

Carver County Public Health
600 Fourth Street East
Chaska, MN 55318-2102



Public Health

Phone (952) 361-1329
Fax (952) 361-1360
public-health@co.carver.mn.us
www.co.carver.mn.us

Healthy Carver for a Lifetime

How Can I Protect My Children from the Sun?

Remember:

- Reapply every two hours-especially after water play or exercise! Even if you use a water-proof or resistant product...
- Babies less than 6 months old—be careful and read the product label. All or most products may not be safe. A baby’s best defense is avoiding the sun or staying in the shade.
- Apply Sunscreen first—then insect repellent for best effect.
- Avoid the eyes, nostrils, and mouth—apply to your hands and apply to child. Do not spray sunscreen or repellent to a face.

Keep in mind, sunscreen is not meant to allow kids to spend more time in the sun than they would otherwise. Try combining sunscreen with other options to prevent UV damage.

Too Much Sun Hurts

- **Turning pink?** Unprotected skin can be damaged by the sun’s UV rays in as little as 15 minutes. Yet it can take up to 12 hours for skin to show the full effect of sun exposure. So, if your child’s skin looks “a little pink” today, it may be burned tomorrow morning. To prevent further burning, get your child out of the sun.
- **Tan?** There’s no other way to say it—tanning your skin is damaging skin. Any change in the color of your child’s skin after time outside—whether sunburn or suntan—indicates damage from UV rays.
- **Cool and cloudy?** Children still need protection. UV rays, not the temperature, do the damage. Clouds do not block UV rays, they filter them—and sometimes only slightly.
- **Oops!** Kids often get sunburned when they are outdoors unprotected for longer than expected. Remember to plan ahead, and keep sun protection handy—in your car, bag, or child’s backpack.

https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm or <https://www.cdc.gov/niosh/docs/2010-116/>

Sunburn

Sunburn symptoms usually start about 4 hours after sun exposure, worsen in 24–36 hours, and resolve in 3–5 days. They include red, tender and swollen skin, blistering, headache, fever, nausea, and fatigue. In addition to the skin, eyes can become sunburned. Sunburned eyes become red, dry, painful, and feel gritty. Chronic eye exposure can cause permanent damage, including blindness.

First Aid

Apply cool wet cloths for comfort	<i>If blisters, do not break them but...</i>
Avoid further sun	Lightly bandage or cover area
Use topical moisturizing cream, aloe or 1% hydrocortisone for relief	If/when blister breaks and the skin peels, remove dry skin and apply antiseptic ointment.
Take aspirin, acetaminophen, or ibuprofen to relieve pain. Follow dosing for age and weight.	Seek medical attention if: Severe sunburns covering more than 15% of the body, Dehydration , High fever (>101 °F), or Extreme Pain

Carver County Public Health
600 Fourth Street East
Chaska, MN 55318-2102



Phone (952) 361-1329
Fax (952) 361-1360
public-health@co.carver.mn.us
www.co.carver.mn.us

Healthy Carver for a Lifetime