



Health Fact Sheet-Sun Safety

The summer time is filled with fun activities to do outside. The sun provides warm and light and helps many things in the environment to grow. Unfortunately children who are exposed to too much sun can suffer from dehydration, sunburns and premature aging of their skin.

Here are some tips child care providers and parents can follow to make play in the sun safe:

- Drink plenty of fluids. During hot weather children should drink lots of water. Sodas and fruit drinks contain too much sugar and caffeinated drinks may cause the body to lose fluids.
- Limit time in the midday sun as much as possible. The sun's rays are strongest between 10a.m. and 4 p.m.
- Watch the UV Index

Index Number	Exposure Level
0-2	Minimal
3-4	Low
5-6	Moderate
7-9	High
10+	Very High

- Put on sunglasses. Sunglasses that provide 99-100 percent UVA and UVB protection will greatly reduce eye damage from sun exposure.
- Wear a hat. A hat with a wide brim offers good sun protection for eyes, ears, face and the back of children's necks.
- Seek shade. Staying under cover or indoors is one of the best ways to protect yourself from the sun.
- Wear proper clothing. Wear tightly-woven, loose-fitting, and full length clothing.

- Use sunscreen. Children should use a sunscreen with at least an SPF of 30. Reapply at least every 6 hours and more often if swimming or excessive sweating. Children under 6 months of age should consult a physician prior to sunscreen use.

Adapted from the EPA's Sun Safety for Kids Program