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# Sun Safety

## Tips to Have Fun in the Sun



Children love to play outside, and it's good for them!

Even on cloudy days, we need to protect our kids from the sun.

- Kids should play in the shade whenever possible.
- Find shade from a tree, an umbrella, or a canopy.
- Limit time in the sun from 10am to 4pm.

**Let's protect our kids so they can safely have fun in the sun!**

### How should I dress my child?

Dress your child in clothing that covers his or her skin.

- Long-sleeved shirts and pants are best.
- T-shirts and beach cover-ups can help.

Remember to also use sunscreen and seek out the shade.

### What sunscreen should I use?

- Use sunscreen with SPF of 15 or higher
- Make sure it has UVA and UVB protection.
- Apply the sunscreen 30 minutes before going outside.
- Reapply often, especially after your child sweats or swims.

### Will a hat and sunglasses help?

- Wide-brimmed hats provide the best protection from the sun's harmful rays.
- Choose a hat that shades your child's face, ears, and neck.
- Sunglasses protect children's eyes from UV rays that can cause cataracts later in life.