

Public Health

International Travel: Your Kids and the sun

If you protect your children from the sun, you may significantly reduce their lifetime risk of developing skin cancer. Below you will find information to help protect your children from the sun's dangerous rays.



- Keep babies under one year old out of direct sunlight
- Protect newborns by keeping them in a covered stroller, cradle, or snuggled under a sun umbrella
- Dress your child with a sun hat, long sleeved shirt, long pants, and sunglasses with UV protection
- Watch the time. Your child should not play unprotected between the hours of 11:00am and 4:00pm
- Children over the age of six months can wear a sunscreen. For babies less than 6 months of age the risk or benefits of sunscreen use are not yet known. If your baby needs to be outdoors, discuss sunscreen use with your health care provider
- Apply sunscreens to exposed areas, paying particular attention to the ears, nose, and upper area of the feet. Sunscreen alone does not offer complete protection. Use sunscreen along with clothing, hats, sunglasses and shade
- Choose a SPF 30 sunscreen that screens out both ultraviolet A (UVA) and ultraviolet B (UVB) rays of the sun. Sunscreens should be applied 15-30 minutes before going out and should be reapplied every 2-3 hours or after swimming or perspiring
- When a DEET-containing insect repellent and sunscreen are used together, the SPF may be reduced. Use additional sun protection measures
- Apply on SPF 15 or greater lip balm to the lips
- Pay attention to reflected light from snow, water, or sand
- If your child is on medication, check with your health care provider before allowing them out in the sun. Adverse reaction to the sun, characterized by rash, redness, swelling, can be a side effect of some medications
- Beware that the sun's rays will pass through sheer clothing
- Never use baby oil as a sunscreen
- Remember that cloudy days can also produce severe sunburns
- Children dehydrate quickly in the heat. Make sure kids drink frequently, even if they don't complain of thirst