

# Keeping Skin Safe in the Sun

**Skin is damaged from sun exposure over the course of a person's lifetime. Kids should always use sun protection to prevent damage later in life. Use these tips and simple rules to protect you and your family from sunburn and reduce the risk of skin damage and skin cancer.**

## Choose the right sunscreen

- **SPF 30 or higher:** For extended outdoor activities, including sports, swimming, biking and working.
- **Broad spectrum:** Blocks both UVA and UVB sun rays for full skin protection.
- **Water resistant:** Use for swimming or intense exercise. Reapply at least every 40 minutes for the most effective protection.

## Apply sunscreen correctly

- Put sunscreen on 15 to 30 minutes before going outside.
- Use enough sunscreen to fully cover all exposed areas, especially the face, nose, ears, shoulders, feet, back of the neck and backs of the knees.
- Reapply sunscreen every two hours and after swimming, sweating or drying off with a towel.

## Use the right amount of sunscreen

*Use the two-finger rule:* Squeeze sunscreen onto the lengths of your pointer and middle fingers. Use this amount for each leg, each arm, torso, back and face, and on all sides. You are fully protected when all exposed skin has sunscreen rubbed in.

## Protect the little ones

*Babies younger than 6 months:* Keep out of direct sunlight, use protective clothing and only use sunscreen on small parts of the body, such as the face.

*Babies older than 6 months:* Apply sunscreen to all exposed areas on the body, being careful around the eyes. If you notice skin irritation, try a different brand or a mineral sunscreen. Talk with your pediatrician if your baby develops a rash.

## Additional ways to reduce the risk of sunburn

- Limit sun exposure between 10 a.m. and 4 p.m., when UV rays are strongest.
- Seek shade whenever possible, such as under a tree or umbrella, or in a building.
- Wear sun-protective clothing with an SPF rating and/or long sleeves.
- Wear a wide-brimmed hat and UV-blocking sun glasses.



## Did you know?

Sunscreen is not just for sunny days. Use it on cloudy days too. About 80% of the sun's UV radiation reaches the earth on a cloudy day.

For more information about keeping your family safe, scan the QR code or visit [NortonChildrens.com/Prevention](https://www.nortonchildrens.com/Prevention).



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