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.