

# Bright Idea!

Cover up in the sun.



## Special precautions for babies and young children:

- Keep babies under 6 months out of direct sunlight.
- If exposure to sunlight is unavoidable, apply a small amount of broad-spectrum, high protection sunscreen to exposed areas such as the cheeks and back of the hands.
- Do not leave children in cars during hot weather, they can rapidly overheat.
- Shades for prams or buggies should be easy to use and flexible enough to reposition to the direction of the sun.
- Supply extra drinks as young children can dehydrate quickly.

## What if your child gets sunburn?

- Sponge the skin gently with lukewarm water.
- Apply after sun or calamine lotion.
- Give your child plenty to drink.
- If in doubt, seek medical advice.

**Cancer Helpline: 0800 783 3339**

**E: [behealthy@cancerfocusni.org](mailto:behealthy@cancerfocusni.org)**

**W: [www.careinthesun.org](http://www.careinthesun.org)**



# Bright Ideas...

for children taking care in the sun



- 1 Avoid the sun when it is at its strongest - play in the shade between 11.00am and 3.00pm.
- 2 Wear T-shirts and loose, light weight clothing in a close woven material.
- 3 Hats with broad brims or legionnaire types are best but more importantly make sure the hat is liked and will be worn.
- 4 Wear sunglasses with UV protection and that carry a recognised safety standard mark.
- 5 Supply plenty of drinks to avoid dehydration.
- 6 Apply a broad-spectrum, high protection sunscreen to exposed skin.
  - SPF 15 or higher to protect against UVB
  - Star rating of 4 or more to protect against UVA
  - Apply 30 minutes before going into the sun
  - Apply generously and avoid missing patches
  - Reapply frequently
  - Read the instructions

Always use sunscreen along with the other protective measures and do not use sunscreen to extend the amount of time you spend in the sun.



# 7 Things to Know

about sun exposure!

1

Between **1/2** and **3/4** of our total lifetime sun exposure is before the age of 18.

2

Children's skin is delicate and prone to sun damage.

3

Tanning and sunburn both indicate skin damage.

4

Skin cancer is the most common cancer in Northern Ireland and it is becoming more common.

5

Ultraviolet (UV) radiation can pass through thin cloud and cause skin damage and burning.

6

Sand, water and snow can reflect UV radiation and cause burning.

7

Children are usually unaware of their skin burning and need constant reminders to take care in the sun.

