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
W: 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 $\frac{1}{2}$ and $\frac{3}{4}$ 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.