

# Bulletin: Oh Mister Sun! Sun Safety

Whether children are playing in the backyard or in an outdoor sports game, it is important to play it smart in the sun.

Here are reminders to help keep children sun-safe:

- Skin can burn in cloudy or overcast weather.
- Water, snow, sand, and concrete can reflect and increase the sun's burning rays.
- Children's heads, necks, and ears should be covered with a broad brimmed hat when outdoors.
- Children's arms and legs can be protected with tightly woven, loose fitting, cotton clothing.
- Look for sunglasses that offer 100% UVA/UVB protection and a design that wraps around face.
- Use a broad spectrum sunscreen (protects against both UVA and UVB rays) with a sun protection factor (SPF) of 15 or more.
- Children need to apply sunscreen generously 20 minutes before all outdoor physical activities.
- Reapply sunscreen often.

