

SUN SAFETY FOR CHILDREN



Facts

Extreme heat from the sun can be dangerous for all children, especially infants and young children.

Children spend more time outside than adults, often when ultraviolet (UV) rays are at their strongest.

UV rays can damage the skin and eyes, even when it is cloudy.

Increased UV exposure can lead to:

- Skin cancer
- Eye cancer
- Lip cancer
- Sunburns
- Skin damage
- Eye damage

Signs of Heat Illness:

- Dizziness or fainting
- Nausea or vomiting
- Headache
- Rapid breathing and heartbeat
- Extreme thirst
- Decreased urination with unusually dark yellow urine
- Behaviour changes in children

Things to Avoid

Keep babies under 1 year of age out of direct sunlight.

Avoid using tanning equipment.

**Children learn best by example.
Model sun-protective behaviour yourself!**

Enjoy the sun safely.

Avoid outdoor activities during peak UV times. UV radiation levels are strongest in the middle of the day, 11am to 3pm. When the UV index is 3 or higher, wear protective sunscreen, clothing, and sunglasses while outdoors.

Apply sunscreen. Choose a sunscreen that's labelled "water-resistant", "broad spectrum" (protects against both UVA and UVB rays) and has SPF 30+. Pay close attention to areas most exposed including the face, lips, ears, neck, back, knees, and tops of feet. Apply sunscreen 15 minutes before heading outside and reapply every 2 hours, especially if swimming, toweling off or sweating heavily. Sunscreen may be used on babies over 6 months of age.

Seek Shade. Seek shade or make your own using an umbrella or a UV protective tent/shelter.

Cover up. Have children wear a rimmed, breathable sun hat and sunglasses to protect their skin and eyes. Wear loose, lightweight, breathable clothing. Choose sunglasses that protect against both UVA and UVB rays.

Stay Hydrated. Encourage your child to drink plenty of cool liquids (especially water) when days are hot and humid.



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