

Summer Safety Tips

GENERAL TIPS

- Never leave an infant or child unattended in the car, even with windows down, it can quickly cause children to overheat and die
- Dress for the weather in light weight, loose fitting light colored clothes, change when damp from perspiration
- Always dress in a light, wide brimmed hat and UV protection sunglasses
- Avoid the sun between 10AM and 4PM
- Never allow children to eat plants or berries they find outside
- Always wash hands after touching animals and before eating
- Check all seatbelts and safety latches for temperature, the metal can cause burns if too hot
- Be cautious about putting blankets over carriers and strollers, it can decrease the air flow and become dangerously hot

FUN IN THE SUN

Babies under 6 months:

- Avoiding sun exposure and dressing infants in lightweight long pants, long-sleeved shirts, and brimmed hats that shade the neck are still the top recommendations from the AAP to prevent sunburn. However when adequate clothing and shade are not available, parents can apply a minimal amount of sunscreen with at least 15 SPF (sun protection factor) to small areas, such as the infant's face and the back of the hands. If an infant gets sunburn, apply cold compresses to the affected area and call your pediatrician right away.

For Young Children:

- Apply sunscreen at least 30 minutes before going outside, and use sunscreen even on cloudy days. The SPF should be at least 15 and protect against UVA and UVB rays.

For Older Children:

- The first, and best, line of defense against the sun is covering up. Wear a hat with a three-inch brim or a bill facing forward, sunglasses (look for sunglasses that block 99-100% of ultraviolet rays), and cotton clothing with a tight weave.
- Stay in the shade whenever possible, and limit sun exposure during the peak intensity hours - between 10 a.m. and 4 p.m.
- Use a sunscreen with an SPF of 15 or greater. Be sure to apply enough sunscreen - about one ounce per sitting for a young adult.
- Reapply sunscreen every two hours, or after swimming or sweating.

Use extra caution near water, snow, and sand as they reflect UV rays and may result in