



Summer Safety Tips

Fun in the Sun

Babies under 6 months

To prevent sunburn are to avoid sun exposure, and to dress infants in lightweight long pants, long-sleeved shirts, and brimmed hats that shade the neck 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 cool compresses to the affected area.

For all other children

The first, and best, line of defense against harmful ultraviolet radiation (UVR) exposure is covering up. Stay in the shade whenever possible, and limit sun exposure during the peak intensity hours - between 10 a.m. and 4 p.m. Wear a hat with a three-inch brim or a bill facing forward, sunglasses (look for sunglasses that provide 97% -100% protection against both UVA and UVB rays), and clothing with a tight weave. On both sunny and cloudy days use a sunscreen with an SPF 15 or greater that protects against UVA and UVB rays .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 and sand as they reflect UV rays and may result in sunburn more quickly.

Heat Stress in Children

The intensity of activities that last 15 minutes or more should be reduced whenever **high heat or humidity** reach critical levels. Before outdoor physical activities, children should drink freely and should not feel thirsty. During activities less than one hour, water alone is fine. Kids should always have water or sports drinks available and take a break to drink every 20 minutes while active in the heat. Clothing should be light-colored and lightweight and limited to one layer of absorbent material to facilitate evaporation of sweat. Sweat-saturated shirts should be replaced by dry clothing. Children should promptly move to cooler environments if they feel dizzy, lightheaded or nauseous.

Heat Stress in Infants

Infants and small children are not able to regulate their body temperature in the same way that adults do. Every year, children die from heat stroke from being left in a hot car, often unintentionally, with the majority of these deaths occurring in children 3 and under. Here are a few tips for parents when traveling in a car with infants or young children:

- Always check the back seat to make sure all children are out of the car when you arrive at your destination.
- Avoid distractions while driving, especially cell phone use.
- Be especially aware of kids in the car when there is a change from the routine, ie. someone else is driving them in the morning, you take a different route to work or child care.
- Have your childcare provider call if your child has not arrived within 10 minutes of the expected arrival time.
- Place you cell phone, bag or purse in the back seat, so you are reminded to check the back seat when you arrive at your destination.