



Pediatric Sun Safety



HealthWise

A Partnership to Improve Health and Wellness
OHIO NORTHERN UNIVERSITY

How to protect your infant in the sun.

Infants (0-6 months):

- Infants under 6 months SHOULD NOT be exposed to the sun
- DO NOT use sunscreen—their skin is too sensitive - American Academy of Pediatrics
- Infant skin does not contain melanin (the pigment in skin that gives it color)
- Recommendations:
 - Use removable mesh window shields; they can screen almost 100% of UV radiation without visibility reduction
 - Avoid playing outside between 10am & 4pm
 - Use strollers with a canopy or sun protective cover
 - Dress the baby in lightweight clothing which covers their arms and legs
 - Choose a wide brimmed hat or bonnet which will cover the babies face, neck and ears.

Babies (6 months—1 year):

- Sunscreen can safely be applied
- All above precautions should be followed with the addition of sunscreen
- Broad Spectrum 15+ SPF should be applied to all exposed areas - American Academy of Dermatology
 - Some companies have tear free formulations which will not sting the babies eyes
- Apply sunscreen **30 minutes before** going outside!
- Re-apply as necessary if swimming, sweating, or **drying off after swimming**

Accidental Ingestion

- Sunscreen is generally non-toxic but if ingested common symptoms include: upset stomach, nausea, rash, and shortness of breath
- If ingested seek medical help, call 911, or Poison Control at 1-800-222-1222
- If accidental exposure to eyes, flush with cool water for 5 minutes

Treatment for a sunburn

- Sunburns usually appear 6-12 hours after exposure to sun
- Greatest pain is during the first 24 hours
- If the area is red and warm, apply cool compresses or bathe the child in cool water
- If the child has a fever, chills, blisters, or other signs of illness, call the pediatrician
- If very extensive take the child to the hospital

Did you know?

- The sun is dangerous even on cloudy days
- Your child may be exposed to more harmful ultraviolet rays on foggy or overcast days
- Exposure to ultraviolet rays is greater at high altitudes

Know the UV Index Before Going Outside!

0-2 : Minimal Exposure

3-4 : Low Exposure

5-6 Moderate Exposure

7-9 : High Exposure

10+ :Very High Exposure

www.epa.gov/sunwise

