



# Summer Safety

## 1. Sun Safety

Babies under six months:

- Avoid sun exposure: dress infants in lightweight long pants, long-sleeved shirts, and brimmed hats to prevent sunburn.
- If adequate clothing and shade are not available, parents can apply a *minimal* amount of sunscreen.

For young children:

- Apply sunscreen at least 30 minutes before going outside.
- Use sunscreen even on cloudy days.
- Use a sunscreen with a SPF of at least 30.

For older children:

- The first and best line of defense against the sun is covering up! Wear a three inch brimmed hat or a bill facing forward, sunglasses (that block 99-100% of UV rays), and cotton clothing with a tight weave
- Avoid sun exposure during peak hours of the day (10am until 4pm) and stay in the shade when possible.
- Use a sunscreen with a SPF of at least 30 and make sure to apply enough sunscreen (about one ounce).
- Reapply sunscreen every two hours, or after swimming or sweating.

The following sunscreens may be better for your child's sensitive skin. The main active ingredients are inert, either *titanium dioxide* or *zinc oxide*. These ingredients are less irritating than chemical sunscreens.

- Aveeno Active Natural Protection Mineral Block lotion SPF 30
- Aveeno Baby Natural Protection Face Stick SPF 50+
- Banana Boat Natural reflect (Baby or Kids) SPF 50+
- Burt's Bees Chemical-Free Sunscreen SPF 30
- Blue Lizard Baby SPF 30+, Blue Lizard for Sensitive Skin SPF 30+
- Cötz Pure SPF 30, Cötz Face SPF 40, Cötz 20% Zinc SPF 35
- CVS Sensitive Skin SPF 30, CVS Baby Lotion Sunscreen SPF 60+
- Neutrogena Sensitive Skin SPF 30, Neutrogena Sensitive Skin SPF 60+
- Neutrogena pure & free baby SPF 60+, Neutrogena pure & free baby faces SPF 50+
- PreSun Sensitive Sunblock SPF 28
- Vanicream Sunscreen for Sensitive Skin SPF 60
- Walgreen's Sensitive Skin SPF 70
- Many local pharmacies and beauty-supply stores carry some of these options, or you may purchase them online at [www.drugstore.com](http://www.drugstore.com), [www.amazon.com](http://www.amazon.com), etc.

**A note about sunscreen:** Sunscreens lose their effective strength after 3 years. If you buy sunscreen without an expiration date, write the purchase date on the bottle for reference. Discard sunscreen that is 3+years old, changed in color or consistency or has been exposed to high temperatures. (*From the Mayo Foundation for Medical Education and Research*)

## 2. Bug Safety

- Do not use scented soaps, perfumes or hair sprays on your child.
- Avoid areas where insect nests congregate, such as stagnant pools of water, uncovered foods or gardens where flowers are in bloom.
- Avoid dressing your child in clothing with bright colors or flowery prints.

- To remove a visible stinger from skin, gently scrape it off horizontally with a credit card or your fingernail.
- Insect repellents containing DEET are the most effective. Although DEET products range in concentration from less than 10 to over 30 percent, the benefits of DEET reach a peak at a concentration of 30 percent, which is the maximum concentration recommended for children. DEET should not be used on children under two months of age.
- Wash off the DEET product at the end of the day. There is no need to reapply the product during the day.

### **3. Hydration**

- Risk for dehydration is greatest in hot, humid weather during long and intense activities.
- Never restrict fluids for any reason. Make sure that drinks are available at ALL times!
- Plain water is the best drink for rehydration! Carbonated drinks should not be used.
- Thirst is not a reliable guide to the need for water. Children may become dehydrated before he/she feels thirsty.
- Active children should drink 4-8 oz. of water every 15-20 min during activity.