

CONSIDERATIONS FOR CHILDREN



Infants

Babies younger than 6 months old should not be exposed to the sun's rays.

- Keep them in the shade
- Dress in lightweight, long sleeves & pants, wide brimmed hat, sunglasses



Toddlers

Above 6 months in age, apply broad spectrum, water-resistant sunscreen

- Reapply every 2 hours or per label instructions



Best Sunscreen

Sunscreen with zinc oxide or titanium dioxide can be gentler on kids' skin.

There are "Kids" options when selecting one.



ADDITIONAL RESOURCES

American Cancer Society:
cancer.org/cancer/risk-prevention/sun-and-uv/how-to-use-sunscreen.html

American Academy of Dermatology Association:
aad.org/media/stats-sunscreen

Colorado ENA Quality,
Safety, & Injury
Prevention (QSIP) Site



coloradoena.org
@coloradoENA



SAFETY IN THE SUN





WHEN TO APPLY

- Use sunscreen year round - especially at high elevations
- Apply to dry skin 15min before going outdoors
- Reapply every 2 hours - set an alarm on your phone/watch

Use broad spectrum sunscreen with both UVA and UVB protection.

HOW TO APPLY

APPLY GENEROUSLY DURING 1ST APPLICATION

- Pay attention to scalp, face, ears, neck, & arms
- Don't forget your lips!
- If wearing insect repellent, apply sunscreen first.

TYPES OF SUNSCREEN



Many forms:

- Gel
- Lotion/Moisturizers
- Wipes
- Spray
- Foundation

- Water-resistant/sport
 - 40min or 80min of protection



Higher SPF means more UVB protection - use 30SPF or higher

Remember -If swimming or sweating, you may need to reapply sooner. Follow instructions on label.

IN ADDITION TO SUNSCREEN

Sunscreen should not be thought of as a first line of defense. Use other items as layers of defense.

ADD LAYERS

Seek Shade

Wide-brimmed hat

Long sleeves

Sunglasses with UV protection

HIGHER ELEVATION RISK

25% more UV Radiation

Snow/Water Reflections Increase Risk of Sunburn