



## The Cartwright School

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# Permission to Apply Sunscreen & Insect Repellent

### Sunscreen and insect repellent must be:

1. Safe for the age of the particular child;
2. In the original container;
3. Within the expiration date noted on the product; and
4. Provided by the parent/guardian.

**Combined sunscreen and insect repellents are prohibited.**

### **INSECT REPELLENT**

Insect repellent will be used only when recommended by public health authorities or requested by a parent/guardian. The repellent should contain a concentration of **30% DEET** or less. Repellents not containing DEET may only be used if safe for the particular child's age. Lemon oil and eucalyptus products may not be used on children under 3.

**Insect repellent will be applied to a child's skin only once daily but may be sprayed on clothes for later trips outside.** School-age children may apply insect repellent to themselves with adult supervision for proper application. After the child returns indoors, the exposed skin will be washed off with soap and water.

### **SUNSCREEN**

Sunscreen/sunblock must provide UVB and UVA protection with an **SPF of 15 or higher** (without Paba is recommended). Paba gives some children blotchy rashes. Sunscreen must be provided by a parent/guardian and labeled with the child's full name. School-age children may apply sunscreen to themselves with adult supervision for proper application. Sunscreen will be applied only to exposed areas of skin 20 to 30 minutes before going outdoors to absorb it into the skin and increase its effectiveness. **Sunscreen will be reapplied every two hours outdoors** or more often if the child is involved in water play or perspiring. Brimmed hats, long-sleeved shirts, and pants in light colors provide additional sun protection. Hats may only be worn **outside** the building, not within the Center, unless approved by a member of management.

When applying any insect repellent or sunscreen, staff members must wear gloves. Aerosols must be applied as directed on the container, which generally states:

1. Hold the can 4 – 6 inches from the body and spray evenly (only to exposed areas).
2. **DO NOT** spray onto the face. Spray into hand and apply to face (*caregivers must do this step*).

Before use at a center/school, sunscreen, and repellent should be applied to your child at least once at home to test for any allergic reaction. **A Permission to Apply Sunscreen & Insect Repellent Form must be signed by the parent/guardian before either is used.** This permission slip must be updated annually. The child's sunscreen will be stored in their backpack and intended for their use **ONLY**.

### **Please check the box(es) that apply:**

My child, \_\_\_\_\_

- ☐ may have **SUNSCREEN** applied to exposed skin before going outside on warm sunny days.
- ☐ may have **INSECT REPELLENT** applied to exposed skin areas before going outdoors.

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_