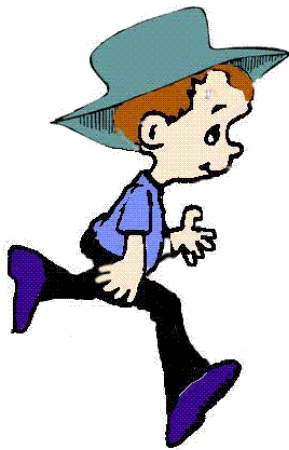


# Safe Fun in the Sun



by CHARLOTTE  
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ILLUSTRATED  
by Frising...

Series [WWW.CHILDHEALTHONLINE.ORG](http://WWW.CHILDHEALTHONLINE.ORG)

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CHILD HEALTH INFORMATION  
and PREVENTION RESOURCES

# Prevent sunburn



Use plenty of sunscreen  
labeled SPF 30 or above.

Children can sunburn quickly, even on a cloudy day. Just one serious sunburn during childhood can increase a child's chance of skin cancer later in life. Use sunscreen on all bare skin, including the ears and top of the head where the hair parts. Reapply sunscreen as directed on the bottle.



# Wear a hat...

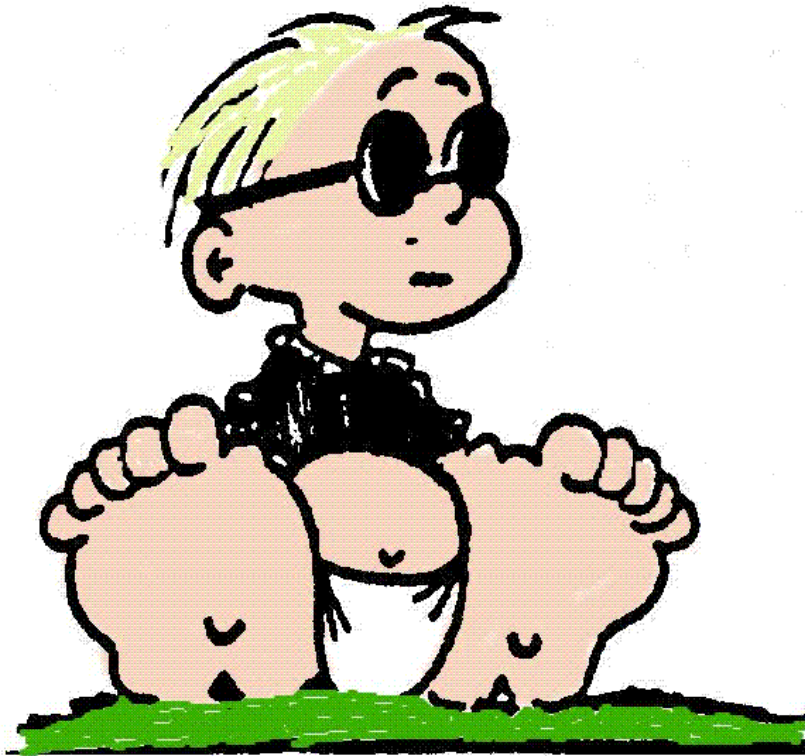


## to protect your face, ears, and neck.

Hats with wide brims help protect children's faces, ears, and necks from the sun. Cool comfortable clothing, such as loose fitting pants or shirts with sleeves, can also help prevent sunburn.



# Protect your eyes!



## Wear cool sunglasses!

Overexposure to the sun's UV rays can damage eyes. Children should wear sunglasses that are labeled "99%-100% UV protection."  
Teach children to look *away from* the sun!



# Stay cool!



Stay in the shade during the hot part of the day.

Too much heat and sun can be dangerous, especially for children. Children should play inside or in the shade during the hottest part of the day (10:00 am - 4:00 pm). *Never* leave a child in a parked vehicle during hot weather, even for a few minutes!



# Things get hot!

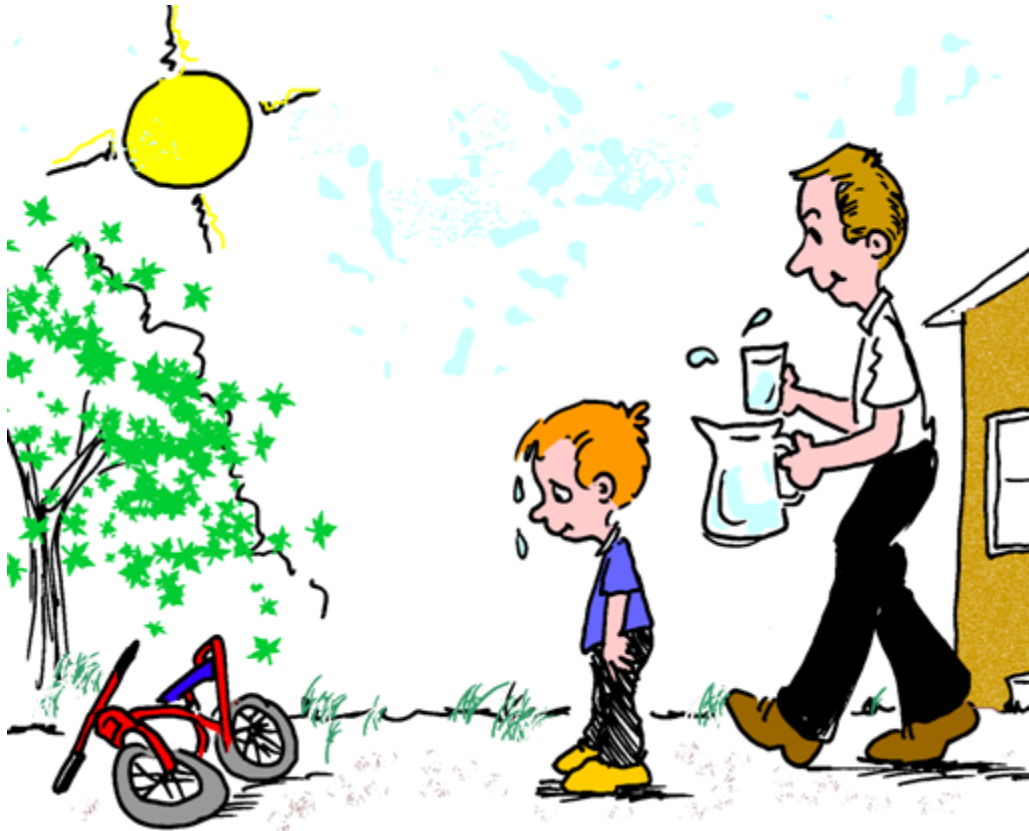


Playground slides can get  
hot in the sun!

The sun can make slides,, seatbelt buckles, safety seats, and other items very hot. These items can cause serious burns. Check items before they touch children's skin. If it feels warm to you, it will feel hot to a child.



# Drink water!



Drink plenty of water,  
especially when it's hot and  
you are playing outside.

Children lose fluid from their bodies when they go to the bathroom or sweat. If children lose too much fluid, they can become *dehydrated*, which is very dangerous. Give children plenty of water to drink, especially during hot weather or when playing hard.

