



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET READY. STAY READY.

Emergency Tip of the Month

Did you know that 50% of your lifetime sun exposure occurs during childhood and adolescence? Teaching children to enjoy the sun safely at an early age is the first step in decreasing their risk of developing skin cancer later in life. Here are tips you can use to protect children against the negative effects of the sun:

1. Avoid the sun when it is strongest: between 10:00 a.m. and 4:00 p.m.
2. Always use sunscreen when outdoors. Choose a sunscreen with an SPF of 30 or higher that protects against UVA and UVB rays and reapply every 2 hours or after swimming.
3. Cover up with clothes and wear a large brim hat. Dress infants in light weight long pants, long sleeves and a hat to prevent sunburn. If an infant gets a sunburn, apply a cold compress to the affected area.
4. Try to seek shade from trees, umbrellas, and canopies while outside.
5. Wear sunglasses that protect against UVA and UVB rays.
6. Drink plenty of fluids when out in the sun.
7. Use extra caution when near water and sand. They reflect UV rays and may result in sunburn more quickly.

A printable version of these tips will be available on our website at www.crs.ymca.org to pass on to your staff and parents.

For more information on how to practice sun safety all year long, contact the YMCA Childcare Resource Service at 1-800-481-2151.