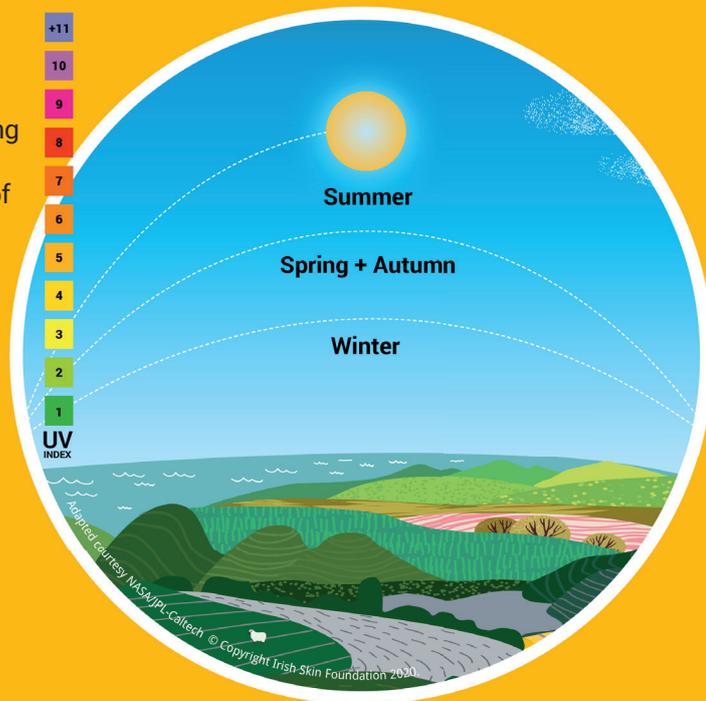


Playing outdoors: Skin protection for children

Playing and spending time outdoors is good for your child.
But it is important to protect their skin when outside in the sun.

- Ultraviolet radiation (UV) is a part of sunlight. It can damage skin and increase risk of skin cancer.
- Children's skin is very sensitive to UV from the sun. Sunburn during childhood increases the risk of getting skin cancer as an adult. If your child is badly sunburned more than 3 times before the age of 20, they more than double their risk of skin cancer as an adult.
- In Ireland, UV from the sun is strongest from April to September between 11am-3pm, even when it is cloudy.
- **Protect yourself and children by being SunSmart as part of your daily routine from April – September.**



SunSmart simple steps can protect children's skin and avoid getting sunburn: **Remember the SunSmart 5 'Ss'**, even when it is cloudy

- For children up to 1 year old, it is best to keep them in the shade and wear clothing that covers their skin when outdoors.
- It is better to protect babies up to 6 months old from sunlight by using shade and clothing rather than sunscreen. You may choose to use sunscreen sometimes on small parts of baby's skin. If you do, choose a sunscreen that is for babies such as sensitive or toddler sunscreen.



Slip on clothing: Cover skin as much as possible e.g. wear long sleeves, collared t-shirts, clothes made from close-woven material that does not allow sunlight through.



Slap on broad-spectrum (UVA/UVB) sunscreen with a sun protection factor (SPF) of at least 30+ for adults and 50+ for children, with high UVA protection, and water resistant. Reapply regularly.



Slap on a hat with a wide brim: Protect your face, ears and neck.



Seek shade: Sit in cover of trees to avoid direct sunlight and use a sunshade on your buggy or pram. Keep babies and children out of direct sunlight.



Slide on sunglasses with UV protection: Guard your eyes from harm.