Franklin County Board of Health
280 East Broad Street, Columbus OH 43215
(614) 462-6668
www.co.franklin.oh.us/board_of_health

Sun Safety

FUN IN THE SUN

For Older Children:

- The first, and best, line of defense against the sun is covering up. Wear a hat with a three-inch brim or a bill facing forward, sunglasses (look for sunglasses that block 99-100% of ultraviolet rays), and cotton clothing with a tight weave.
- Stay in the shade whenever possible, and avoid sun exposure during the peak intensity hours - between 10 a.m. and 4 p.m.
- Use a sunscreen with an SPF (sun protection factor) of 15 or greater. Be sure to apply enough sunscreen - about one ounce per sitting for a young adult.
- Reapply sunscreen every two hours, or after swimming or sweating.

For Young Children:

- Babies under 6 months of age should be kept out of the direct sunlight. Move your baby to the shade or under a tree, umbrella, or the stroller canopy.
- Dress babies in lightweight clothing that covers the arms and legs and use brimmed hats.
- Apply sunscreen at least 30 minutes before going outside, and use sunscreen even on cloudy days. The SPF should be at least 15.

HEAT STRESS IN EXERCISING CHILDREN

The intensity of activities that last 15 minutes or more should be reduced whenever high heat and humidity reach critical levels.

- At the beginning of a strenuous exercise program or after traveling to a warmer climate, the intensity and duration of exercise should be limited initially and then gradually increased during a period of 10 to 14 days to accomplish acclimatization to the heat.
- Before prolonged physical activity, the child should be well hydrated. During the activity, periodic drinking should be enforced, (for each 20 minutes of activity, 5 oz of cold tap water or a flavored sports drink for a child weighing 88 lbs, and 9 oz for an adolescent weighing 132 lbs, even if the child does not feel thirsty).
- Clothing should be light-colored and lightweight and limited to one layer of absorbent material to facilitate evaporation of sweat. Sweat-saturated garments should be replaced by dry garments.

Source: http://www.aap.org/policy/re9845.html