

# Sun Protection Basics for Parents

**Molly Toda, CPNP**

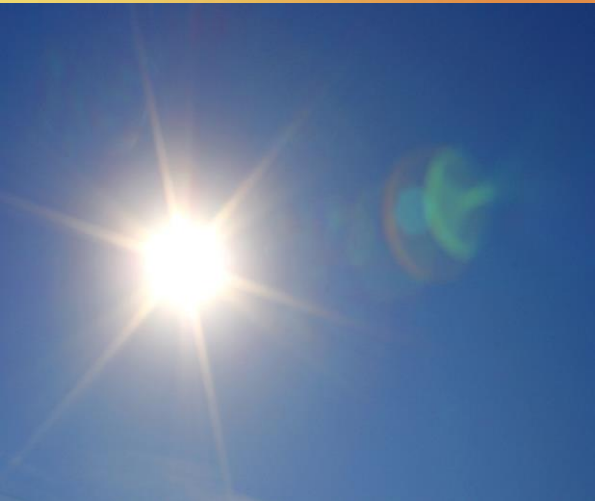
# Sun Exposure

- Converts dietary Vitamin D to the active form the body can use
- Beneficial effects on mood



# What is a Sunburn?

- Ultraviolet (UV) light burns the skin



**Sunlight consists of 3 types of ultraviolet rays:**

**UVA** rays are most common and cause skin aging and wrinkling. Tanning beds usually use UVA rays.

**UVB** rays cause sunburns, cataracts, and immune system damage.

**UVC** rays, the most dangerous, are absorbed by our ozone layer.

Fig. 2

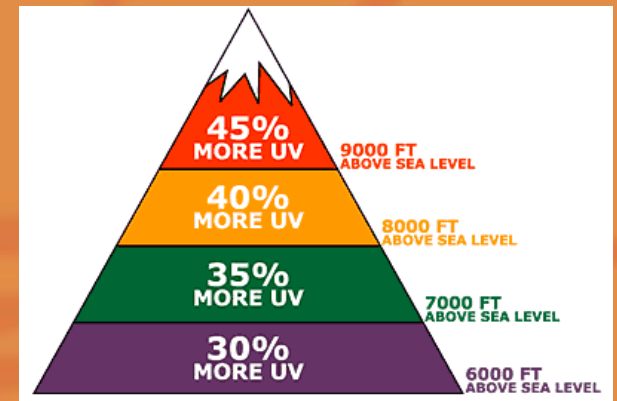
# Risk of Sun Damage

- Skin Cancer ( Melanoma)
- Wrinkles
- Eye Problems (Cataracts)
- Immune Suppression



# Risk Factors

- Pale Skin
- Light-colored Hair
- On a Mountain
- Place Closer to the Sun
- Family history of skin cancer
- Certain Medications



# HOW TO PROTECT YOUR KIDS



# Protect Their Skin!



















- Block the sun, not the fun!
- No Burns!
- Tanned skin is damaged skin!
  - NO Tanning Beds!







# Check the UV Index Everyday!

## UV Index Chart

UV Index	0-2 very low	3-4 low	5-6 medium	7-10 high	10+ very high
How to protect yourself					
					
					
	 SPF 15	 SPF 15	 SPF 15	 SPF 30	 SPF 45
					
Minutes to burn*	60	45	30	15-24	10 or less

\*Minutes to burn with no sunscreen use based on fair skin that sometimes tans but usually burns.

### Key

Wear sunglasses	
Use sunscreen	
Wear a hat	
Stay in the shade	
Try to stay out of the sun at midday	

# Time of Day

- Avoid the sun from the hours of 10 AM to 4 PM
- Schedule outdoor activities in the early morning, late afternoon and evening.
- Cover-up if you must go out!
  - Sunscreen, Sunglasses, Hats, Clothes, Shade!

# Buying Sunscreen



- Look for broad-spectrum
  - Protects against UVA and UVB
- At least SPF 30

# Sunscreen Application Tips

- Always wear when going outside
  - Minimize use in babies less than 6 months old
- Put on a lot of sunscreen
  - ½ oz for children
  - 1 oz for teenagers and adults
- Apply 30 minutes before going outside
- Reapply every 2 hours OR after swimming, sweating or towel drying
- Remember easy to forget areas
  - Behind knees, ears, around eyes, scalp, tops of feet

# Other Ways to Cover-Up

## Sunglasses



## Hats and Sun Protective Clothing



# Seek Shade



- Use trees, tents and umbrellas
- Be careful when around sand, snow, and water

# Conclusion

**BE SUN SMART**

 Put on a Shirt

 Put on Sunscreen

 Wear a Hat

 Wear Sunglasses

 Stay in the Shade



**SHARE THE SUN SAFE STORY  
WITH YOUR CHILD**

CANSA 2015

- Be safe in the sun
  - Multiple ways to protect skin
- Talk to your Kids
- Be a role model
- Keep sunscreen handy

**QUESTIONS?**

