

REITER & WALSH, P.C.



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Sun Safety Tips



The American Cancer Society suggests the following guidelines to protect children from the sun:

- **S- *Shadow test.*** If the shadow is shorter than the child, the sun is at its strongest and most dangerous point.
- **U- *Ultraviolet sun block*** with an SPF of 15 or greater should always be used if the child is exposed to sun.
- **N- *Now!*** Protect children from the harmful effects of the sun now.

Sunscreen

- **Sunscreens cannot take the place of protective clothing** and should be used together for the best protection.
- **Choose a sunscreen with at least a Sun Protection Factor (SPF) of 15 or more.** This means you are protected from a reaction to the sun's rays 15 times longer than without the sunscreen. Read the label, and know when to reapply.

Know the ways of the rays!

- Your children can get a sunburn on a cloudy day just as easily as on a sunny day.
- The sun's rays can penetrate through three feet of water. The sun will also reflect off the water and the sand. A beach umbrella is great but may not provide all the protection needed. **Try to keep your children out of the sun between the hours of 10 a.m. and 3 p.m.,** when the sun's ultraviolet rays are the strongest.



Did you know? A blistering sunburn before the age of 10 will double the likelihood of that child developing skin cancer sometime during their lifetime.

