



Be Safe in the Sun

Stay out of the sun from 10:00 a.m. to 4:00 p.m. when the sun's rays are the strongest and can do the most harm. Find shade during this time of day.

Wear a hat with a wide brim to protect your ears, neck, and face from the sun.

Put on sunscreen 20 minutes before going outside, even on cloudy days:

- Use SPF 30.
- Apply a palmful of sunscreen per person.
- Reapply **EVERY TWO HOURS** and after swimming, drying off with a towel, or sweating.
- Some children and adults are sensitive to PABA, a chemical used in some sunscreens. It can irritate skin and stain clothing. Choose a PABA free sunscreen to avoid a reaction.

Sunscreen should not be used for babies younger than 6 months. Shade, tightly woven non-white clothing, umbrellas and hats are the best protection.

Never leave kids (or pets) in a hot car! On a warm day the temperature inside a car can reach 120° in just 30 minutes!

Drink plenty of water on hot days. This will help your body stay cool.

Before you buckle-up your children, check the temperatures of seat belts and car seats. Hot buckles and latches can hurt!



www.chadkids.org/goto/childhealthmonth

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