

Sun Safety

Here are the best ways to protect you and your family from the sun.

Your sun protection plan:

- Use sunscreen with SPF of 15 or 30
- Wear sun protective clothing and sunglasses
- Know some basic sun sense

Choose a good sunscreen

Using sunscreen is the most important part of your sun protection plan. Sunscreens come in cream, lotion, stick and spray forms. They contain substances that stop harmful ultraviolet light from entering your skin.

- Look for an SPF number on the label. An SPF (Sun Protection Factor) of 15 or 30 is recommended for the Seattle area.
- Choose a sunscreen that says it protects against both UVA and UVB rays. Also, look for sunscreens that have Parsol 1789 (avobenzone), zinc oxide or titanium dioxide.
- For babies and for children with sensitive skin, use a sunblock containing zinc oxide and/or titanium dioxide. Types of brands to select include:
 - Blue Lizard baby
 - Blue Lizard sensitive skin
 - Vanicream sunscreen
 - Neutrogena sensitive skin
- Wear sunscreen year-round if you have very fair skin. Also use it if you are taking medicines or have a health problem that makes you more sensitive to the sun.
- Don't forget to put sunscreen on your lips. Look for the same SPF in a lip balm.

Note: Sunscreens containing insect repellent are not recommended. This is because insect repellent should not be reapplied as often as sunscreen.

Wear sun protective clothing and sunglasses

Sun protective clothing is a fairly new product for protection against the sun. Sun protective clothing can be used with, but not in place of, sunscreens. The material used to make this clothing is tightly woven and helps block some of the sun's rays. You can find shirts, pants, coveralls and hats with neck flaps. It comes in infant, children and adult sizes. Many clothing companies such as LL Bean and Lands' End offer items in their catalogs. Your best option is to shop on the web.

Here are a few stores who sell sun protective clothing:

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| • Coolibar | 800-926-6509 | www.coolibar.com |
| • Sharksuit | 212-334-8498 | www.sharksuit.com |
| • Solartex | 877-476-3789 | www.solartex.com |
| • Sun Precautions | 800-822-7860 | www.sunprecautions.com |
| • Lands' End | www.landsend.com for "Rash guard T-shirt" | |

To Learn More

- Dermatology
206-987-2158
- Ask your child's healthcare provider
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.
- For Deaf and hard of hearing callers 206-987-2280 (TTY)

Know the answers to some basic sun sense

What is UVA & UVB light?

The sun beams its energy to earth as heat, visible and invisible light. UVA (ultraviolet light A) and UVB (ultraviolet B) light is the invisible light. These are the rays that can damage skin, resulting in skin cancer and wrinkles.

What are the 5 factors of sun protection?

- Time – sun is strongest between 11:00 a.m. and 3:00 p.m. Try to avoid direct sun these times of day.
- Geography – sun is most intense near the equator and at high altitudes (up in the mountains). If you live in Mexico, the sun is stronger than in Seattle.
- Weather – clouds and smog do not totally block UVA and UVB light from reaching the earth.
- Reflectivity – sand, water, cement, roads and snow reflect over ½ of the sun rays. You can burn more easily when you're near these types of surfaces.
- Skin type – people with darker skin have more natural protection from the sun.

How can I best protect myself and family from the sun?

- Beware of the sun's reflectivity from sand, snow and water.
- Wear protective clothing when you plan to be outside for a long time.
- Use sunscreen with sun protection factor (SPF) of 15 or greater. Specific recommendations for higher number SPF depend on skin type, sensitivity to the sun, and other risk factors.
- Put sunscreen on 20 to 30 minutes before going outside and reapply at least every 2 hours. Use waterproof sunscreen for water activities.
- Wear sunglasses with UV protection.

What exactly is SPF (Sun Protection Factor)?

The "SPF" number on the sunscreen bottle's label is a guide on how long you can stay in the sun before risking sunburn. An SPF of 30 means you can stay out in the sun for 30 minutes without burning. "Waterproof" on the sunscreen works for four 20-minute swims. "Water resistant" works for two 20-minute swims. Reapply more often if you are sweating a lot or after you dry off with a towel.

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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