



## Sun safety tips for

### INFANTS & BABIES

Hari Cheryl Sachs, M.D., a pediatrician at the Food and Drug Administration offers this advice:

- For infants younger than six months old, avoid exposure to the sun in the hours between 10 a.m. and 2 p.m., when ultraviolet (UV) rays are most intense.
- Even though it is best to keep infants out of the sun, if you do take your infant outside, stay in the shade. When it is sunny outdoors, create your own shade with the canopy of the stroller, shade visor on a backpack or sling or an umbrella.
- Check with your baby's pediatrician about sunscreen use for your baby. "If your pediatrician agrees, said Dr. Sachs, you can apply a small amount of sunscreen—with a sun protection factor (SPF) of at least 15—to small areas such as the cheeks and back of the hands." Sachs suggests testing your baby's sensitivity to sunscreen by first trying a small amount on the inner wrist.
- Avoid combination sunscreens that contain insect repellents like DEET. Young children may lick their hands or put them in their mouths. According to the American Academy of Pediatrics, DEET should not be used on infants less than 2 months old. The academy also suggests dressing infants in lightweight long pants, long-sleeved shirts, and brimmed hats that shade the neck to prevent sunburn. Tight weaves are better than loose.

Source: FDA Consumer Updates