

# Summer Fun & Safety

## Sun Safety



- ✓ Keep babies <6 months out of direct sunlight due to heat exhaustion/stroke risk.
- ✓ Utilize shade under trees, umbrellas, or stroller canopies.
- ✓ Dress babies in lightweight clothing that covers arms and legs
- ✓ Use wide-brimmed hats and sunglasses with UVA/UVB protection.
- ✓ Reflected light from water can burn a baby even in the shade, so use the sun block (see below).
- ✓ Keep older children in the shade when possible, avoiding outdoor activities during peak sun hours (10 AM to 4 PM).
- ✓ Make it a habit to use swim shirts—they provide the best and longest UV protection.

## Sunscreen

- ✓ Babies <6 months: Zinc and/or Titanium Dioxide
- ✓ Children >6 months: Banana Boat Baby/Kids Tear-Free, Coppertone Kids, Coppertone Water Babies “Pure and Simple” or Babyganics Sunscreen



- ✓ Something is better than nothing, so if you're in a pinch, then use what you have on hand (even white diaper cream can be used).
- ✓ Sunscreens with both UVA and UVB protection and a minimum SPF of 30 are adequate but preferably ones that also contain true sunblocks, like titanium dioxide or zinc oxide.
- ✓ You can apply sunblock stick over sunscreen to give added protection.
- ✓ All sunscreens for children should be PABA-free.
- ✓ Apply sunblock or sunscreen liberally at least 20 minutes before going outside, and reapply every 1-2 hours. No sunscreen is truly sweat-proof or waterproof!

## Bug Safety

- ✓ Avoid the outdoors from dusk till dawn--mosquitoes are most active then.
- ✓ Avoid stagnant water, uncovered garbage cans, and gardens with flowers in bloom where bugs nest.
  - ✓ Use light-colored clothing, cover the arms and legs, and avoid flowery prints and fabrics with different textures.
  - ✓ To remove a visible stinger from the skin, gently scrape it off horizontally with a credit card or fingernail. Do not grasp or pull the stinger out vertically with tweezers.
  - ✓ Remove ticks with tweezers or pull them out with a Kleenex, trying not to rupture the tick.



## Insect repellants

- ✓ Products containing <30% DEET are approved for use in children over the age of 2 months.
- ✓ Those containing Picaridin, IR 3535, and Oil of Lemon Eucalyptus or PMD are also approved; **BUT, do not use Oil of Lemon Eucalyptus or PMD on children under 3 years.**
- ✓ **BullFrog Mosquito Coast** provides IR 3535, DEET free mosquito repellent combined with SPF 30 sunscreen.
- ✓ A product with 10% DEET such as Off Skintastic should be sufficient if you are going to be outside after dusk for one hour or less.
- ✓ It is better to apply a product with a higher concentration *once* rather than reapply a product with a lower concentration.
- ✓ Deep Woods Off™ contains 27% DEET and provides approximately 3 hours of protection.
- ✓ Wash insect repellent off before bedtime.



## Boat and Water Safety

- ✓ Never leave children alone (even for a moment) in or near a pool, on a dock, or in a boat.
  - ✓ **Many children drown, even with adults present.**
  - ✓ When children are near water, they should wear an approved personal flotation device that is designed for the child's size and weight—even if they have no interest in getting in or near the water.

