

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 4PM).
- ✓ **Make it a habit to use swim shirts—they provide the best and longest UV protection.**

Sunscreen



- ✓ Sunscreens containing zinc oxide or titanium dioxide (“mineral” sunscreens) **are preferable** and are safe for **all ages** including infants. Pick one with both UVA and UVB protection and a minimum SPF of 30. Vanicream Sensitive Skin SPF 30 or 60 • Neutrogena Sensitive Skin SPF 60+ • Neutrogena Pure & Free Baby SPF 50+
- ✓ Chemical sunscreens absorb into the skin and provide longer protection but try to avoid those containing oxybenzone which has a hormonal effect and before 6 months.

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.



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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.
- ✓ Remove ticks with tweezers or pull them off with a Kleenex, trying not to rupture the tick.
- ✓ 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.



Insect repellants

- ✓ Products containing 10-30% DEET or Picaridin 20% are approved for use in children of all ages by the AAP if used according to directions. They protect against mosquitoes and ticks that can spread diseases like West Nile virus.
- ✓ Spray it on your hands then apply it on your child.
- ✓ DEET is the most effective and has the best safety profile for humans despite being a solvent (be careful near expensive purses).
- ✓ A product with 10% DEET should be sufficient if you are going to be out for 1-2 hrs only
Deep Woods Off™ contains 27% DEET and provides approximately 3 hours of protection.
- ✓ It is better to apply a product with a higher concentration *once* rather than reapply a product with a lower concentration.
- ✓ Wash or wipe insect repellent off when inside
- ✓ Don't use products that combine DEET and sunscreen, since sunscreen needs to be reapplied often, the DEET may make the sunscreen less effective. Best to use 2 products.
- ✓ When using both, apply sunscreen first, then repellent.