



Exposure to the sun's rays can hurt your baby's skin

Protect your baby's skin by practicing the following sun safety tips:

1. Avoid the sun between 10 a.m. and 4 p.m. when the sun's rays are the strongest.
2. Dress your baby in a light weight long sleeve shirt, long pants, and a sun hat that protects the neck and ears.
3. Do not put sunscreen on babies under 6 months old
4. Use sunscreen that is SPF 15 or higher, if your baby is older than 6 month old.
5. Water, snow, concrete, and glass make the sun's rays stronger.
6. Use sunscreen everyday even if it is cloudy.
7. Seek or crate shade for your baby and limit the time in the sun.

Play it safe and protect the skin your baby is in!

For more information, call a doctor, or visit the American Cancer Society's website at www.cancer.org.