



# Blue Sky Pediatrics Asheville

Making every Child's day brighter by.....

Newsletter

offering information about **SUNSCREEN**

## SUN SAFETY & PROTECTION TIPS

### *Under 6 months:*

Keep infants out of direct sunlight by moving to the shade under a tree, umbrella, or stroller canopy. Limit exposure to bright light even in the shade. Dress babies in lightweight clothing that covers the arms & legs and use brimmed hats that shade the neck to prevent sunburn. If adequate clothing and shade are not available, parents can apply a minimal amount of sunscreen with at least 15 SPF on infants under 6 months to small areas, such as the infant's face and the back of the hands. Remember it takes 30 minutes to be effective.

If an infant gets sunburn, apply cool compresses to the affected area.

### *Kids over 6 months:*

Cover up! Stay in the shade when possible and limit sun exposure during 10 am—4 pm. Select clothes made of tightly woven fabrics. Cotton clothing is both cool & protective. Wide-brimmed hats and sunglasses with UV protection are a good idea. Protect lips with an SPF 30 lip balm.

Apply sunscreen with an SPF 15 or greater to areas that aren't covered by clothing. Apply carefully around the eyes, avoiding eyelids. If a rash develops, call our office. You need to apply about one ounce of sunscreen per sitting for a young adult. Reapply every 2 hours or after swimming or sweating. If your child gets sunburn that results in blistering, pain or fever, contact our office.

When choosing a sunscreen, look for the words "broad-spectrum" on the label. It means that the sunscreen will protect against both UVB & UVA rays. We do **NOT** recommend sunscreens that contain the ingredient oxybenzone. This is a chemical that may have hormonal properties. Do **NOT** use sunscreens with PABA, which can cause skin allergies. Zinc oxide is a very effective sunscreen and can be used as extra protection on the nose, cheeks, top of the ears and on the shoulders. Sunscreens should be used for sun protection and not as a reason to stay in the sun longer.

### Some recommended products:

**Neutrogena Pure & Free Baby Sunscreen SPF 50:** Zinc Oxide sunscreen free of chemicals, fragrances & dyes.

**Aveeno Baby Continuous Protection Sensitive Skin SPF 50:** Contains 100% zinc oxide, along with oat extract. It is water resistant for 80 minutes.

**Blue Lizard Australian Baby SPF 30+:** Uses zinc oxide & titanium oxide, water resistant for 40 minutes.

**Baby Bum Mineral SPF 50:** Fragrance-free, vegan & cruelty-free with zinc oxide.

**CeraVe Baby Sunscreen SPF45:** Contains zinc oxide & titanium dioxide.

**Coppertone Pure & Simple Baby SPF 50:** Contains zinc oxide

