

FOR IMMEDIATE RELEASE (06-29-2010)

Sun Exposure

Contact:

Elizabeth A. Ayers, MS
Public Health Educator/PIO
Cabell-Huntington Health Department
Office (304) 523-6483 x 258
Fax (304) 523-6482
Elizabeth.a.ayers@wv.gov

HUNTINGTON, West Virginia. For many people “summer” means spending long periods of time outdoors; sunbathing at the beach or a pool, playing sports, or just spending time with friends outside. But for many of those individuals this also means that they are spending more time in the sun and can, therefore, increase their risk of sun burn.

To protect against sun exposure the American Academy of Pediatrics recommend the following tips;

Babies under 6 months

- ❖ Dressing infants in lightweight long pants, long-sleeved shirts, and brimmed hats.
- ❖ If appropriate clothing or shade are not available, sunblock can be applied to small areas on the baby, such as the face and the back of the hands.

Young Children

- ❖ Kids should have sunscreen, of at least SPF 15, applied to them at least 30 minutes prior to going outside.
- ❖ Sunscreen should still be used on cloudy days.

For Older Children & Adults

- ❖ Covering up and staying in the shade is the best line of defense for all individuals.
- ❖ It is recommended that older children and adults wear a hat with a 3-inch brim or a bill, sunglasses (*look for sunglasses that block 99-100% of ultraviolet rays*), and cotton clothing with a tight weave.
- ❖ Sunscreen with an SPF of 15 or greater should always be worn.
- ❖ Reapply sunscreen every two hours, or after swimming or sweating.

###