



# Be SunAWARE for Infants

*The Importance of Sun Safety*

## **AWARE:**

- A** - Avoid direct and reflected sunlight, especially between 10AM and 4 PM.
- W** - Wrap baby's eyes with sunglasses, cover all skin with appropriate clothing, including a wide-brimmed hat, long sleeves, pants, or leggings.
- A** - Apply (as a last resort, and after testing on a small patch of baby's skin) a broad-spectrum SPF30+ sunscreen to areas that cannot be otherwise protected, selecting products that contain zinc oxide or titanium dioxide.
- R** - Remember that UV peaks in June and can be surprisingly high on cool spring days. Always check the UV index to plan your baby's day.
- E** - Educate everyone who cares for your infant that he or she can develop sunburns more easily than older babies and suffer from severe consequences including dehydration, fever, and skin infections.

## **Remember!**

*Babies under 6 months of age should not be exposed to the sun, and can't wear sunscreen (unless as a last resort).*

**AWARE acronym developed by Children's Melanoma Prevention Foundation:  
[www.melanomaprevention.org](http://www.melanomaprevention.org)**