

PROTECTING YOUR CHILD'S SKIN

WHY IS SKIN PROTECTION IMPORTANT?

Lifelong benefits of skin protection

- Nationwide, Americans have a 1 in 5 chance of developing skin cancer in their lifetime, and a 1 in 55 chance of developing melanoma, the most aggressive skin cancer¹.
- According to the Centers for Disease Control (CDC), Vermont has among the
- highest rate of new cases of melanoma in the nation¹.
- Protecting your child's skin from a young age will have lasting benefits for their whole life.
- Consistently using sunscreen in children will decrease their risk of

highest skin cancer rates in the nation¹. Vermonters have a high risk of developing melanoma. From 2001-2005, Vermont had the

VERMONTERS HAD THE HIGHEST RATES OF MELANOMA FROM 2001-2005¹. THE BEST WAY TO PROTECT YOUR CHILD FROM MELANOMA IS EARLY AND REGULAR SUNSCREEN USE².

melanoma and other skin cancers later in life². Using sunscreen will also protect your child's skin from sun damage that causes wrinkling².

HOW TO BEST PROTECT YOUR CHILD'S SKIN

- For infants under 6 months, use sun protective clothing, a wide-brim hat, and sunglasses⁵. UVM dermatologists recommend Coolibar brand UV protective clothing⁴.
- For infants and toddlers over 6 months, use sunscreen designed for babies. These will have zinc and titanium in them, and will be less irritating to your child's skin^{4,5}.
- Use sunscreen that is broad spectrum (covering UVA and UVB rays) that is at least SPF 30^{4,5}.
- When applying sunscreen, use an ounce of sunscreen and reapply every 2 hours. If using spray, spray it into your hand first and rub it in^{4,5}.

WHAT PUTS CHILDREN AT RISK?

Early sun exposure increases risk of cancer later in life

- Early and repeated sunburns in childhood
- Increased sun exposure through working or playing outdoors
- Fair skin, especially if it burns or freckles easily or becomes sensitive in the sun
- Red or blonde hair
- Blue or green eyes
- Moles on the skin
- Tanning bed use, especially at a young age
- Family history of skin cancer³

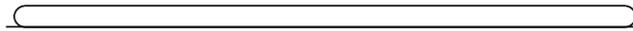
COMMON MYTHS ABOUT SKIN PROTECTION

And other reasons we get sunburned

- Myth: I don't have to apply sunscreen when it is cloudy outside, or during the winter
- Fact: 80% of the sun's harmful ultraviolet (UV) rays can still penetrate through a cloud cover, so it is important to use sun protection even when it is overcast. Additionally, exposure to UV rays increases when it is reflected off of shiny surfaces, including snow. This means it is also important to put sunscreen on your face when you are outdoors in the wintertime, such as while skiing^{4,5}.
- Myth: I need to expose myself to the sun to get enough Vitamin D
- Fact: Vitamin D can be found in many foods and supplements, including in fortified milk. While you do get some vitamin D from the sun, the amount you need for a whole day is equivalent to exposing one forearm to the sun for 15 minutes⁴.
- Myth: I can use the same bottle of sunscreen year after year
- Fact: While many sunscreens have a shelf life of about 3 years, it is important to check the expiration date of your sunscreen before using it. Also, sunscreen can be damaged by high temperatures, so if you leave your sunscreen in a pool bag or in the hot sun, it may not be as effective⁶.
- Myth: I don't need to wear sunscreen if I am covered with clothing
- Fact: Most tee shirts have an SPF rating of less than 15, so it is important to use sunscreen even on parts of your body that may be covered in fabric⁶.

HOW MUCH SUNSCREEN TO USE:

THE SUNSCREEN SHOULD BE THICK ENOUGH TO COVER THE SKIN



THIS IS NOT ENOUGH



Wikimedia Commons. (2011, November 2). *Sunscreen coverage* [Diagram]. Retrieved from https://commons.wikimedia.org/wiki/File:Sunscreen_coverage.svg

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