



### CHILDREN AND SUNBURN (7/19)

Sunburn is a common problem during the summer season. Children, especially those with fair complexions, are at risk for developing severe sunburn. The discomfort and medical complications associated with severe sunburn can be avoided.

Sun exposure should be limited to early mornings and late afternoons. Twenty minutes of noonday summer sun exposure can cause a mild sunburn, and 1 to 2 hours can cause a moderate to severe sunburn in a light complexioned person.

Sunburn can also occur on cloudy days and while sitting in the shade because ultraviolet light, which causes the sunburn, is reflected from the pavement, sand, and water.

Mild and moderate sunburns (1<sup>st</sup> degree) can be treated with cool tap water compresses followed by the applications of a lotion, such as aloe or sensitive lubricating lotion. For severe sunburn with blisters (2<sup>nd</sup> degree), we should be consulted because there is a danger of infection. F

If prolonged sun exposure is anticipated, a sunscreen should be used. For infants 6 months to less than 1 year of age, only PABA free sunscreens should be used. Infants under 6 months of age sunblock should not be applied. For older children, any sunscreen may be used. Sunscreens are rated by a "SPF" factor. The higher the SPF factor, the better the sun protection. To prevent sunburn in children, a sunscreen with a SPF rating of 30 or better should be used. Most important thing to remember with sunblock is reapplication every 2 hours even with products that are advertised as waterproof. The use of hats and sun protectant clothing is also recommended for prolonged sun exposure.