

SUN SAFE

C O L O R A D O

Live it!

PROTECTION TIPS FOR THE 2 MONTH OLD

Skin Cancer Is On The Rise!

Skin cancer has greatly increased in the last 50 years. Why? People are spending more time in the sun, and wearing less clothing when they do!

Also, the ozone layer around the earth is decreasing because of pollution. Ozone helps to protect the earth's surface from the harmful effects of the sun.

Childhood Sunburns Can Lead To Adult Skin Cancer

Studies have found that just one severe sunburn during childhood can double a person's chances as an adult of getting malignant melanoma, the deadliest form of skin cancer.



Babies Get Sunburned Easier Than Adults

Babies can't protect themselves from the sun. You need to protect them. Your infant cannot cover herself or move out of the sun. She will not alert you that the sun is causing harm until it is too late.

A bad sunburn can cause dehydration, fever, faintness, delirium, shock, low blood pressure, and irregular heartbeat. It can also cause skin cancer later on.

Call your doctor if your infant gets a severe sunburn with blisters.

Be Careful Of Reflected Light

Sunlight bounces off sand, snow, water, and cement. Reflected sunlight can be almost as strong as direct sunlight. Be careful to cover your baby to protect him from bouncing sunrays!

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What Should You Do?

- Keep your baby out of the sun as much as possible.
- Cover your baby with clothing or light blankets when outside.
- Keep a hat on your baby when outside.
- Use a carriage or stroller with a hood.
- Sunscreen is not harmful to your baby, but your main goal should be to keep your baby out of the sun until she is 6 months old.

