

SUN SAFE

C O L O R A D O

Live it!

PROTECTION TIPS FOR THE 4 MONTH OLD

People in Colorado Are At Greater Risk For Skin Cancer

Too much sunlight hurts skin and causes skin cancer. People in Colorado get more sunlight because of the high altitude. Also, Colorado's sunny climate means more days of strong sunlight.

Studies have shown higher rates of skin cancer in Colorado than in the rest of the United States.

Sunlight Is Strongest In The Middle Of The Day

The sun is most intense between about 10 in the morning and 4 in the afternoon. You should avoid taking your baby outside during this time of day.

If you go out during midday, remember to cover your baby with clothing and a hat. A light-weight, tightly woven blanket can be used in place of clothes to cover your baby.

Hats! Hats! Hats!

Hats provide good protection from the sun. Hats that shade your child's eyes, face, nose, ears, and neck are the best. Wide-brimmed hats and hats with flaps that cover the ears and neck are especially good. But, wearing **any** hat is better than wearing **no** hat.

Sometimes it's hard to keep a hat on your child. Hats with ties are easier to keep from falling or being pulled off. Your child will accept hats better if you get her used to them at an early age. **Also**, if you wear a hat, your child will be more likely to wear his.

What Should You Do?

- Plan outdoor activities for before 10 am and after 4 pm.
- Keep your baby out of the sun as much as possible.
- Cover your baby with clothing or light blankets when outside.
- Use a carriage or stroller with a canopy or hood.
- Sunscreen is not harmful to your baby, but your main goal should be to keep your baby out of the sun until he is 6 months old.
- Talk to potential child care providers about their sun protection practices. Find out if they limit outdoor time in the midday sun, if they require sunscreen and protective clothing, and make sure the playground has adequate shade.

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