



Atrium Health
Levine Children's

Sun Safety Facts

Sunburn is a visible reaction of the skin's exposure to ultraviolet (UV) radiation or UV light sources (invisible rays that are part of sunlight).

Know these facts to stay safe in the sun.



Ultraviolet rays (UV) are invisible and can cause sunburn.



UV rays are strongest in the summer.



The sun's rays are strongest between 10 a.m. and 4 p.m.



Too much exposure to UV rays can cause skin and eye damage.



Protection from UV rays is important all year, not just during the summer.



UV rays can reach you on cloudy and cool days, and can reflect off surfaces like water, cement, sand and snow.



The American Academy of Dermatology recommends all kids, regardless of their skin tone, wear sunscreen.

Sun Safety Tips

Spending time outside is a great way to be physically active, reduce stress and get vitamin D. You can work and play outside without raising your risk of skin cancer by protecting your skin from the sun.

Prevent sunburn and stay safe in the sun with these tips.

Shade



You can reduce your risk of sun damage and skin cancer by staying in the shade under an umbrella, tree or other shelter.

Sunglasses



Protect your eyes from UV rays and reduce the risk of cataracts by wearing sunglasses.

Clothing



When possible, wear long-sleeved shirts, long pants and skirts. Clothes made from tightly woven fabric offer the best protection.

Sunscreen



- Put on sunscreen that blocks both UVA and UVB rays and has an SPF of 15 or higher.
- Apply sunscreen 15 minutes before you go outdoors or in the water.
- Reapply sunscreen every 2 hours.
- Reapply sunscreen even on cloudy days and after swimming or sweating.
- Use waterproof sunscreen when swimming or playing sports.
- Don't forget to apply sunscreen to ears, neck and feet.

Hats



Wear a hat that has a brim all the way around to shade your face, ears and the back of your neck.

Approved by Atrium Health Levine Children's Pediatric Patient Education Committee, January 2022.

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CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-821-1535.