

Kids and Sun Exposure

Warm, sunny days are wonderful for children. They need to play outside on such days. Compared to adults, children have more skin (greater body surface area), and their skin is more sensitive to damage from the sun's ultraviolet (UV) light rays. With a little precaution, however, you can be sure that children are protected from the sun's dangerous rays.

Protection from sun exposure is important all year round, not just during the summer. UV rays can cause skin damage during any season or temperature. UV rays reach you on cloudy and hazy days, as well as on bright and sunny days. UV rays will also reflect off any surface like water, cement, sand, and snow. Make a special effort to protect yourself and your children during activities such as water or snow skiing, going to the beach, and swimming.

The hours between 10 a.m. and 4 p.m. during daylight savings time (9 a.m. - 3 p.m. during standard time) are usually the most hazardous for UV exposure in the continental United States. If you can schedule outdoor activities at other times, you can avoid much of the sun's harmful rays.

Links

- Medline Plus: Trusted Health Information for You, links for consumers and the general public
<http://www.nlm.nih.gov/medlineplus/sunexposure.html#generaloverviews>
- SunWise program for schools, kids, and communities by the Environmental Protection Agency
<http://www.epa.gov/sunwise/>
- "Protecting Your Child from the Sun", American Academy of Pediatrics
http://www.aap.org/pubed/ZZZ9AVFOQ7C.htm?&sub_cat=2