

# SUMMER PROTECTION: SUN

## FACTS

- Sunlight (UVA and UVB) is important for Vitamin D synthesis and mood.
- UVA rays cause skin damage, wrinkles, skin darkening, and skin cancer.
- UVB rays cause sunburn and skin cancer.
- The incidence of Melanoma has been doubling every 10 years.
- In the US, 1 in 5 will be diagnosed with skin cancer.
- There is no such thing as a “healthy tan”.
- One painful sunburn every 2 years triples the risk of developing melanoma.

## PHOTOPROTECTION

- Limit sun exposure, especially between 10 am – 2 pm when UV rays are the strongest, by planning indoor activities or staying in the shade.
- Wear dry, lightly colored, tightly woven, long sleeve shirts and pants.
- Wear sunglasses and wide-brimmed hats.
- Stay well-hydrated.

## SUNSCREEN

- Use a sunscreen with Zinc Oxide or Titanium Dioxide
- Use SPF 15-50. There is no added benefit at greater than SPF 50.
- Use a broad spectrum sunscreen (protects from UVA and UVB radiation).
- Do NOT use combination sunscreen/bug spray products.
- Apply approximately 1 ounce to body; apply approximately 1 tablespoon to face.
- Re-apply every 2 hours with normal activity.
- Re-apply every 40-80 minutes if sweating/swimming (NO sunscreen is sweat- or waterproof!).
- Monitor for skin sensitivity and/or irritation, especially if known to have eczema.
- There are NO reliable studies demonstrating any hormonal effects of sunscreens.
- Discuss possible Vitamin D supplementation with your pediatrician.
- In general, sunscreen protection is recommended for children older than 6 months of age. Please talk to your pediatrician for appropriate use of sunscreen on infants younger than 6 months of age.

# SUMMER PROTECTION: BUGS

## FACTS

- Summer brings out mosquitoes, ticks, and other bugs/insects.
- Diseases, irritation, and infection are possible consequences from bug/insect/tick bites/stings.
- There are multiple types of insect repellents. In general, products containing DEET are the most effective and longest acting.

## PROTECTION

- Avoid areas around which insects/bugs/ticks are common, such as garbage cans, standing water, flower beds.
- Ensure that standing water is drained.
- Wear lightly colored, long sleeve shirts, pants, socks, closed-toed shoes.
- Avoid using perfumes, scented soaps, lotions.
- Do NOT use sunscreen-bug spray combination products.
- Permethrin is the best product to prevent tick bites (discuss use with your pediatrician).
- Wristbands, garlic, B1, ultrasonic devices have NOT been proven to prevent tick/insect bites.
- Avoid insect repellent use on infants 2 months and younger.
- Apply insect repellent to exposed skin and/or clothing.
- Do not spray directly onto face.

## RECOMMENDED INSECT REPELLENTS\*

- OFF! Deep Woods VIII – DEET 25%
- OFF! FamilyCare Insect Repellent I – DEET 15%
- OFF! FamilyCare Insect Repellent II – Picaridin 5%
- Repel Scented Family – DEET 15%
- Repel Lemon Eucalyptus – Oil of lemon eucalyptus 30%
- Cutter Skinsations – DEET 7%
- Cutter Natural – Multiple ingredients
- Avon Skin-So-Soft Bug Guard Plus – Picaridin 10%
- Ben's Wilderness Formula – DEET 30%
- California BabyNatural Bug Blend – Multiple Ingredients
- Coleman SkinSmart – IR3535 20%

## TREATMENT

- Diphenhydramine (Benadryl) for allergy symptoms, such as itching, sneezing, watery eyes.
- 1% Hydrocortisone mixed with Meat Tenderizer to make a paste. Apply to bites twice a day x 3-5 days. Do not apply to open sores/lesions.

\*According to Consumer Reports

\*Discuss with your pediatrician