Children don’t have to be at the pool or beach to get too much sun.

Seek shade.
The sun is most harmful during midday. So, it’s best to plan indoor activities then. If this is not possible, seek shade under a tree, an umbrella or a pop-up tent.

Get a hat.
Hats that shade the face, scalp, ears and neck are easy to use and give great protection. Many kids love baseball caps, but they don’t protect the ears and neck.

Wear sunglasses.
They protect your child’s eyes from UV rays, which can lead to cataracts later in life. Look for sunglasses that wrap around and block as much UVA and UVB rays as possible.

Cover up.
When possible, long-sleeved shirts and long pants and skirts can provide protection from UV rays. Clothes made from tightly woven fabric offer the best protection.

Apply sunscreen.
Use sunscreen with at least SPF 30 and UVA and UVB (broad spectrum) protection every time your child goes outside. For the best protection, apply sunscreen on ears, noses, lips and the tops of feet. Reapply every two hours and after swimming, sweating or toweling off.