

**YOUR BABY'S
SKIN HAS TO
LAST A
LIFETIME**



IDAHO DEPARTMENT OF
HEALTH & WELFARE

PROTECT YOUR BABY

Exposure to the sun's rays can hurt your baby's skin

Too much sun early in life can lead to skin cancer.

Keep it covered when outdoors...

- Avoid the sun between 10 a.m. and 4 p.m. when the sun's rays are the strongest
- Dress your baby in a lightweight long sleeve shirt, long pants, and a sun hat that protects the neck and ears
- Have your baby wear sunglasses with UV protection
- Do not put sunscreen on babies under six months old
- Use sunscreen that is SPF 30 or higher
- Water, snow, concrete, and glass make the sun's rays stronger
- The sun's rays are still harmful on cloudy days
- Seek or create shade for your baby and limit the time in the sun

**Play it safe and
protect the skin
your baby's in!**

For more information call a doctor, or visit the American Cancer Association web site at **www.cancer.org**