



Sunscreen Tips:

- Keep your children out of direct sunlight if possible especially infants under the age of 6 months.
- Keep your children in clothing that covers most of their skin.
- Be sure to have your children wear a hat. Sunglasses are also helpful in keeping their eyes protected from the sun. It is recommended to wear sunglasses with at least 99% UV protection.
- If possible, limit sun exposure from 10:00am-4:00pm as this is the time period when UV rays are the strongest.
- Be sure to use sunscreen even on shady/overcast or cloudy days.
- Sunscreen:
 - o Find a sunscreen with SPF of at least 15. It is not necessary to go above 30-50 SPF.
 - o Be sure that the sunscreen you choose is “broad-spectrum.” This will protect your child from both UVB and UVA rays.
 - o Remember to apply sunscreen about 10-15 minutes prior to sun exposure.
 - o Be sure to reapply sunscreen every 2 hours.
 - o Apply plenty of sunscreen to cover all exposed skin.
 - o If your child is under 6 months of age, keep them out of direct sunlight if possible and have them dressed in protective clothing. If they will be exposed to sun, use a minimal amount of sunscreen on the exposed parts of their body such as the face.
 - o Titanium dioxide and zinc oxide sunblocks form a barrier by sitting on top of the skin. These may be the best choice for younger children.
 - o Avoid spraying sunscreen on your child; this can be inhaled or get into their eyes. It is best to spray sunscreen into your hands then apply it to your child’s skin.
 - o What does the SPF number mean? If you sunburn after 20 min without sunscreen, an SPF of 30 would protect you for 10 hours: 20min x 30.

Insect Repellent Tips:

- If possible, stay away from areas where there are likely to be a large number of insects. Examples are places with standing water and gardens. Mosquito-proof your yard: get rid of stagnant water and don't over-water plants/grass.
- Stay away from using strong scented products on your children as this can attract insects.
- Keep your child covered if you will be in an area with a large number of insects. Netting over their carrier or stroller may work best. Keep your child in thin/breathable clothing that covers as much skin as possible.
- When using insect repellent, use enough to lightly cover exposed skin and clothing.
- Do not apply repellent under clothes, over cuts/wounds or irritated skin.
- When applying to younger children: first spray in your hand and then put it on your child. Do not put insect repellent on your child's hands or face.
- Insect Repellents – Picaridin containing products
 - o Picaridin containing products tend to have a more pleasant smell and do not usually leave an oily residue.
 - o 5-10% Picaridin applied once a day is the recommendation for children.
- Insect Repellents – DEET containing products
 - o DEET containing products are not recommended for use in infants under 2 months of age.
 - o There are varying degrees of concentration of DEET, so be sure to read the label. The higher concentration of DEET, the longer the product will last. On average, DEET concentrations of 10% will last about 2 hours and concentrations of 24% will last about 5 hours.
 - o DEET concentrations over 30% are not recommended in children.
 - o DEET should only be applied once per day. This is the reason that it is not recommended to use DEET and sunscreen combination products as sunscreen should be applied more often.
 - o Be sure to use soap and water at the end of the day to wash off the DEET.

Please feel free to call our office for any further questions!

Information from AAP and UpToDate.