



## Summer sun protection

The sun is a good source of vitamin D, which helps us absorb calcium for stronger, healthier bones. But unprotected exposure to the sun's ultraviolet rays can cause weaker immune systems, skin and eye damage or even cancer. Unprotected sun exposure is even more serious for kids with moles, fair skin or a family history of skin cancer. It's important that parents teach their children how to enjoy fun in the sun safely.

**See the reverse side for more about playing safely in the sun.**



# How to play safely in the sun

- Avoid being in the sun between 11 am and 2 pm. Even on cloudy days, sun rays travel through the clouds and can cause sunburn.
- Be sure to apply plenty of sunscreen as indicated on the label. Look for an SPF of 30 or higher that is water-resistant and protects against both UVA and UVB rays.
- Apply sunscreen to your child 30 minutes before going outside. Reapply every one to two hours, especially if your child is sweating or swimming.
- Ask your doctor if any medication your child is taking, especially antibiotics and acne pills, can increase sun sensitivity.

For more information, visit  
**[cardinalglennon.com](https://www.cardinalglennon.com)**

All of our facilities have implemented enhanced safety measures. These may include requiring all individuals to be screened for symptoms and requiring face masks for all upon entry. This will ensure you and your family are protected every step of the way.

