

Your baby's skin  
has to last a lifetime



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# Protect Your Baby

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

Too much sun early in life can lead to serious health problems later, including a skin cancer called melanoma (mel-uh-noh-muh).

### Keep it covered when outdoors...

#### Other easy things to do:

-  Limit time outside – especially between 10 a.m. and 4 p.m. when the sun's rays are the strongest.
-  When outdoors, make sure your baby wears a light weight long sleeve shirt, long pants, and a sun hat that protects the neck and ears even when it's hot.
-  Sunscreen is not recommended until your baby is six months old – then after that age, use SPF 30 or greater.
-  Put SPF 30 sunscreen on 20 minutes before you take your baby outside.
-  Remember that water, snow, concrete, and glass can make the sun's rays stronger and more harmful to your baby's skin.
-  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 go to [www.phd5.idaho.gov](http://www.phd5.idaho.gov).

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