

PROTECT



your baby's skin at the pool

Do not use sunscreen on babies under 6 months old. After your baby is 6 months old, use sunscreen with an SPF of at least 15.

Put sunscreen on 20 minutes before you take your baby outside. Reapply sunscreen every two hours.

Seek or create shade for your baby. Use a wide brimmed hat on your baby and make sure they are wearing a shirt.

Give your baby plenty of water to drink!



**South Central
Public Health District**
Prevent. Promote. Protect.