

# BEVERLY HILLS PEDIATRICS

## SUN SAFETY

- All children should protect themselves from sunburn with protective clothing like hats and shirts as well as sun block.
- We recommend sun block with an SPF of at least 30, PABA free, and water proof.
- Remember to apply sunscreen 30 minutes before going outside and to reapply several times a day and every time you exit the water.

Children under 6 months of age have especially sensitive skin and are more prone to severe sunburn. Sunscreen use in children under 6 months of age is OK, but these children should always wear a hat and protective clothing and avoid direct sun exposure.