



SUN & BUGS

June brings more sunny days and weather that takes people out doors. As parents, it is very important that we protect children from harmful UV rays and biting insects. Keep your family safe from the sun and bugs by following these tips!

Sun Prevention for Babies Under 6 Months:

Avoiding sun exposure and dressing infants in long pants, sleeves and brimmed hats is best. However when adequate clothing and shade are not available, parents can apply a minimal amount of sunscreen to small areas.

Sun Prevention Children Over 6 Months:

- *Apply sunscreen at least 30 minutes before going outside and use sunscreen that is at least 15 SPF (Sun Protection Factor), even on cloudy days.
- *Reapply sunscreen every two hours, or after swimming or sweating.
- *Be sure to apply enough sunscreen – about one ounce per sitting.
- *Wear sunglasses.
- *Limit your sun exposure between 10am to 4pm when UV rays are strongest.
- *Still, the first and best defense against sun is covering up.

A sunburn is skin damage from the sun's ultraviolet (UV) rays. Most sunburns cause mild pain and redness but only affect the outer layer of skin. These are called first-degree burns. These sunburns are usually mild and can be treated at home. Skin that is red and painful and that swells up and blisters may mean that the deep skin layers and nerve endings have been damaged. These are second-degree burns. This type of sunburn is usually more painful and takes longer to heal.

How to Treat a Sunburn At Home:

- *Use cool cloths on the sunburned areas.
- *Take cool showers.
- *Apply soothing lotions with aloe vera.
- *A sunburn can cause a mild fever and headache. Lying down in a cool and quite room or increasing fluids may relieve the headache.
- *Take anti-inflammatory medicines to reduce pain, swelling and fever. These includes ibuprofen (Advil, Motrin) and naproxen (Aleve).
- *Use lotion to relieve the itching when skin peels. There is nothing you can do to stop skin from peeling after sunburn. It is part of the healing process.

When to Call the Dr.:

- *There are signs of dehydration: sunken eyes, dry mouth, and passing only a little dark urine.
- *There are signs of infection: increased pain, swelling, warmth or redness, red streaks leading from the area, pus draining from the area, swollen lymph nodes in the neck, armpits or groin, and/or a fever.
- *Sunburn is not getting better.

Also, this time of year it is important to protect children from bug bites. Follow the following Bug Safety Tips to have a bite free summer.

Prevention:

- *Avoid scented soaps, perfumes, or hair sprays.
- *Avoid areas where insects nest or congregate, such as stagnant pools of water, uncovered foods and gardens where flowers are in bloom.
- *Avoid dressing in bright colors or flowery prints.
- *To remove a visible stinger from skin, gently scrape it off horizontally with a credit card or your fingernail.
- *Use insect repellents containing DEET when needed to prevent insect-related. Ticks can transmit Lyme disease and mosquitos can transmit West Nile virus, Zitka virus, Chikungunya virus and other viruses.
- *The concentration of DEET in products may range from less than 10% to over 30%. The benefits of DEET reach a peak at a concentration of 30%, the maximum concentration currently recommended for infants and children. DEET should not be used on children under 2 months of age.
- *The concentration of DEET varies significantly from product, so read the label of any product you purchase. For more information on DEET: www.aapnews.org/cgi/content/full/e200399v1
- *When outside in the evenings or other times when there are a lot of mosquitos present, cover up with long sleeved shirts, pants and socks to prevent bites.