

Sun Safety

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Well, it is the time of year again when it gets hot, hotter and hottest. I love the sunshine but as I approach 40, the more I realize it doesn't love me back. I have always thought sun safety is important and really just common sense but it is such a nuisance. Just as you're running out the door, you remember, darn the sunscreen! Then you have to find it, and the special kind for the face, then apply it to a moving and noisy target, oh yes, then; find your sunglasses, badger the kids about hats which they immediately take off and lose in the car, and rush off to school...then repeat throughout the day depending on the activity. My goodness, the only way I see it working is if you get buy in from the kids, and of course yourself. It is enough of a pain to remember for myself that I can see how kids don't want to remember and think about it either.

There are some really neat websites for kids that you can view with them to explain the reasons for why we must wear sunscreen for both UVA and UVB, the meaning of why we should start out with at least an SPF 15, and why we need to reapply sunscreen every 3 hours or so (or more if we are getting wet). And yes, the wide-brimmed hats, sunglasses with UV protection, and sun protection clothes. Take a few minutes and take a look with your kids, they may really enjoy them and learn a little something too.

<http://dnr.wi.gov/org/caer/ce/eeek/earth/air/ozonlayr.htm>

<http://www.epa.gov/sunwise/kids.html>

<http://www.loreal.com/en/ww/sunprotectionorg>