



## **Sun Protection and Sunscreen Recommendations**

**For children under 6 months of age:** It is best to keep them in the shade and covered. Though no toxicity has been shown in infants and young children, the recommendation is to not use sunscreen in this age group if other options are available like avoidance and clothing. If sunscreens are used the best ones would be zinc based.

**Children 6 months and older:** Use a sunscreen that contains zinc oxide or titanium dioxide, which is most appropriate for their sensitive skin. Even when using sunscreen, keep children in the shade and dress them in clothing that will protect their skin from the sun.

**Adults:** Use a Broad-Spectrum sunscreen UVA/UVB of at least an SPF 30. Average person needs to use about 1oz (30 ml or one-shot glass) of sunscreen. This needs to be applied at least 15 minutes before exposure, and reapplied every two hours, to all bare skin.

Some clothes are SPF rated. Two big manufactures of sun protective clothes are Solumbra at [www.sunprecautions.com](http://www.sunprecautions.com), and Coolibar at [www.coolibar.com](http://www.coolibar.com).

Heliocare is an OTC antioxidant pill that increases the time it takes to burn UV exposed skin. Though this product cannot be given and SPT it compares to an SPF 3-5. We commend this once daily pill as an adjunct to be used in addition to sunscreens, **NOT** instead of them.