

BABIES AND THE SUN

The **Sun emits different types of radiation**, including infra-red, visible light and ultraviolet rays: :

UVB: cause burns and the development of tumors in the long term

UVA: produce effects of photosensitivity and premature skin aging



The greatest concentration of sun exposure **is concentrated in our first 18 years** of age.

Children's skin is more susceptible to harm derived of sunlight and their defense mechanisms are less efficient.

Babies under 6 months of age

They should not be exposed to direct solar radiation.

The use of sunscreens is not recommended.

Maintain on-demand breastfeeding to guarantee hydration.

Keep babies protected underneath shade, awnings, roofs or umbrellas.



Children between 6 months and 2 years of age: it is preferable to use photoprotection with physical or screen filters, which are those that reflect sunlight.

Use proper photo protectors, depending on the child's age.

Apply these half an hour prior to exposure. Reapply every 2 hours or before long periods of swimming.

MOST IMPORTANT OF ALL: PREVENTION

- ❄️ No sunscreen provides complete protection, even those with high SPF.
- ❄️ Avoid exposure during the central hours of the day (noon to 5 p.m.).
- ❄️ Increase protection by wearing clothes, hats and sunglasses.
- ❄️ Always keep children hydrated.

RECOMMENDED SUNSCREENS:

Water-resistant

When the photoprotection remains effective after 40 minutes in the water.

Waterproof

When photoprotection remains effective for over 80 minutes.

