Sunburn
Excessive exposure of direct sunlight to baby’s skin and eyes

**Signs**
- Skin that is warm to the touch
- Blistering
- Chills
- Fussiness
- Fever
  - Axillary [armpit] 98.6° F (37.0° C) or higher
  - Rectally 100.4° F (38.0° C) or higher
- Exposed skin that may be red and puffy
- Puffy eyelids
- Decreased activity/sleepiness
- Dehydration:
  - Four or fewer wet diapers in 24 hours
  - Dry mouth
  - Sunken eyes
  - Sunken soft spot on head (fontanel)
  - Extreme irritability
  - Listlessness (decreased activity)
  - Possibly no tears

**What to Do**
- Babies younger than 6 months of age should be kept out of direct sunlight.
  - A minimal amount of sunscreen may be used when adequate clothing and shade are not available.
- Always protect your baby’s head with a brimmed hat. Dress your baby in comfortable/lightweight clothing that covers the body, such as long-sleeved shirts and long pants. Keep your baby in the shade.

**What to Know**
- Babies need fresh air and light. The sun is a good source of Vitamin D.
- A baby’s skin is thinner than adult skin and will burn more easily than an adult’s. Even babies with naturally darker skin need protection.

The sun’s rays are strongest between 10 a.m. and 4 p.m. Keep your baby out of the sun during these hours.

The sun’s damaging UV rays can bounce back from water, sand, snow or concrete; be particularly careful in these areas.

Most of the sun’s rays can come through the clouds on an overcast day, so use sun protection even on cloudy days.

Sunburns and too much sun exposure over the years may cause skin cancer, wrinkles and possibly cataracts of the eyes.

Two or more blistering sunburns as a child or teen increase the risk of developing skin cancer later in life.

Continued on back page
- Select clothes made of tighter weave. The tighter weave generally protects better than clothes with a looser weave.
- Use a sunscreen of at least SPF 30 that is made for babies or small children.
  - Look for the words “broad-spectrum” on the label.
  - Broad-spectrum sunscreens will screen out both Ultraviolet A and B rays.
  - Be sure to cover all exposed areas.
  - Apply sunscreen at least 30 minutes before going outdoors, and reapply as directed or every two to three hours.
- Avoid excessive exposure to direct sunlight. (Even five minutes may be too long.)
- A baby's eyes can be at risk for eye injury from the sun.
  - Sunglasses designed to block at least 99 percent of the sun's rays should be worn.

### When to Call Your Health Care Provider
- If your baby gets a sunburn, contact the baby’s health care provider at once.
- A severe sunburn is an emergency.