Sunburn is Dangerous

Your child’s skin is very delicate
It is quickly damaged by the sun

Remember!

To always keep babies under twelve months old out of the sun.

Make sure they are protected in their pram or buggy.
If your child is over twelve months old:

A loose shirt and hat make good sunscreens

Use a children's sunscreen cream – protection factor 15 or more

Keep your child out of the sun 11.00 am and 3.00 pm
Sunhat

Plastic sunglasses

Loose clothing

Sunscream every two hours
Remember the
Sun Safety Code

Always keep small babies out of the sun

For children and babies over twelve months:

Put on shirt
Pop on a hat
Pat on some cream
Keep out of the sun between 11.00 am and 3.00pm
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