



# Sun, Sun, Shine on Me

This is how children can enjoy the sun in a safe way

Children are more vulnerable to sun damage than adults. Therefore, it is necessary to take extra care to protect them in the sun. In Iceland, protection from the sun is important from April until September. The most dangerous UV rays are between 10 am and 4 pm.



Parents and others responsible for children in the summer:

- ♥ We make sure that children wear clothing that covers their shoulders, chest, arms and legs
- ♥ We make sure that children use a sun hat or cap, and sunglasses
- ♥ We make sure that children use sunscreen with an SPF of 30-50+ before going outdoors both **before and after** noon, on all areas that are not covered by clothing, like the face, ears, neck, back of the hands and perhaps the scalp
- ♥ We remind children to play in the shade from trees, tents or north of the house
- ♥ We remember that the sunrays can pass through clouds and make sure that children use sun protection even if it's cloudy
- ♥ We remember that the sunrays reflect off water and sand
- ♥ We remind the children to drink enough water during and after being outside in the sun
- ♥ We set a good example by protecting ourselves from the sun