

Healthy Sun Protection



Example Sunscreens:

Alba Botanica Kids Mineral Sunscreen, SPF 30
Blue Lizard Australian Sunscreen, Baby, SPF 30+
COOLA Baby Mineral Sunscreen Unscented Moisturizer, SPF 50
Bare Republic Natural Mineral Sunscreen, SPF 50
La Roche-Posay Anthelios 50 Mineral Ultra Light Sunscreen Fluid, SPF 50
Beauty Counter All Over Sunscreen, SPF 30
Neutrogena Pure and Free Baby, SPF 60+
California Baby Super Sensitive Sunscreen, SPF 30+
Thinksport for Kids Sunscreen, SPF 50+
Babyganics Mineral Based Sunscreen, SPF 50+
Goddess Garden Kids Sport Natural Sunscreen Lotion, SPF 30
Kiss My Face Organics Kids Mineral Sunscreen Lotion, SPF 30

Broad Spectrum Mineral Sunscreen with Zinc Oxide and/or Titanium Dioxide with **SPF 30+** provides protection against UVA and UVB rays. UVA rays cause skin to darken and loose flexibility UVB rays cause sunburns.

Chemicals to Avoid in Sunscreens: oxybenzone, octinoxate, octisalate, octocrylene, homosalate. These chemicals can cause skin irritation and change hormone function in the body.

Seek Shade or Cover Up between the hours of 10 a.m. and 4 p.m.

Sleeves



Sun Hats



Ultraviolet Protection (UPF) 30-50+ blocks 96-98% of the sun's harmful rays. There is no need for sunscreen when body is covered with UPF clothing.

Suggested Places to Buy: Target, Walmart, Old Navy, Amazon.com, Diapers.com, Swimoutlet.com **Brands:** iPlay, Carters, Coolibar (pants), Zaptex (toddler sleeve), COOLOMG (youth sleeve)

*** COMPRESSION GARMENTS DO NOT PROTECT FROM SUN**