Make playtime in the sun safe and fun. Remember:
- Sunlight is strongest between 10 a.m. and 3 p.m.
- Water, sand and snow make the sun’s rays stronger
- Clouds don’t block the sun’s rays
- Babies under 6 months should STAY OUT of direct sunlight

When in the sun:
- Use sunscreen of SPF 15 or more
- Wear protective clothing, including a hat
- Wear sunglasses with UV protective coating
- Take breaks in the shade
- Drink plenty of water

California Childcare Health Program
www.ucsfchildcarehealth.org