



Burn Injury - Sun Exposure

When and Where Sunburn Injuries Occur

- ◆ Childhood exposure to sunlight may be critical, as more than 50% of lifetime exposure to UV light occurs during childhood and adolescence.
- ◆ The primary cause of most skin cancers in Georgia is over-exposure to the sun.
- ◆ Children spend a lot of time outdoors and get an average of three times more exposure than adults.
- ◆ Surfaces such as sand, concrete, water or snow reflects the sun's rays.
- ◆ Sunburn can occur on cloudy days with 87% of the sun's rays being able to penetrate light clouds, mist and fog.

Who is at Risk:

- ◆ A child's skin is more sensitive to sunlight exposure and can burn in less than 10 minutes.
- ◆ Those who have excessive exposure during the first 10 years of life.

Prevention Tips

- ◆ Apply sunscreen of SPF 15 (or higher) to children's skin before they go outside. Don't forget the lips, back of neck and ears.
- ◆ Wear protective clothing when possible, such as long sleeved shirts and pants along with sunglasses and wide brimmed hats.
- ◆ Send hats with your kids to school, practice or games.
- ◆ Provide clothing and hats made of tightly woven fabrics.
- ◆ Choose broad-brimmed hats, which protect the back of the neck, ears and face.
- ◆ Encourage children to play in the shade.
- ◆ Examine your child's skin regularly. If you notice something different or peculiar about your child's skin contact a physician or specialist.

Georgia Emergency Medical Services for Children

