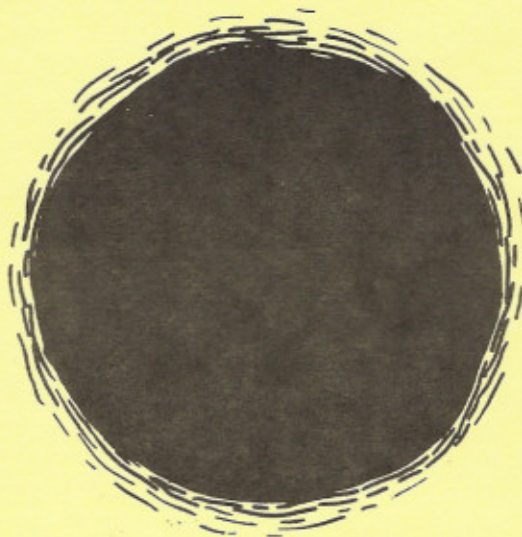


WHAT TO KNOW ABOUT THE SUN

1. There is no such thing as a good tan. Tanning is really an indication of sun injury, and sun exposure is linked to skin cancer. Thus the term "healthy tan" is a contradiction. The risks begin in childhood.
2. The first ten years of life are an especially vulnerable time. Keep infants and children out of the sun as much as possible. Use a carriage with a hood when you take your newborn outdoors, and use a canopy on the stroller for older infants.
3. Risks for skin cancer are highest for children with fair skin, blond or red hair, and light eyes. These children need the most protection from sun.
4. Time is of the essence. The sun's rays are most dangerous between the hours of 10 a.m. and 3 p.m.; try to schedule outdoor activities before or after that time period.
5. Geography and altitude are important, too. The sun is more dangerous at higher altitudes and at latitudes closer to the equator. Be particularly cautious if you live or vacation in the mountains or the tropics.
6. Protect children when they are outdoors with clothing (sun hat, long-sleeved shirt, long pants) and a sunscreen with a skin protection factor of at least 15.
7. Apply sunscreen to your child before every exposure, on cloudy as well as sunny days. Reapply liberally every two to three hours and whenever the child goes in the water or sweats heavily. Remember that children need protection even if they are playing in the shade; sun rays can be reflected onto the skin from sand, snow, concrete, or water.



8. If your child is on medication, check with your pediatrician. Sun reactions can include rash, redness, and swelling as side effects of certain medications.
9. Examine your child's skin—and your own—regularly. Danger signals in pigmented nevi suggesting abnormal activity or malignant change include changes of any type, particularly rapid growth, crusting, ulceration, bleeding, change in pigmentation, the development of inflamed satellite lesions, the loss of normal skin lines, or subjective symptoms such as tenderness, pain, or itching.
10. Don't let your child use sunlamps or go to tanning parlors.
11. Set a good example by following these guidelines yourself.

Adapted from *For Every Child Under the Sun*, published by The Skin Cancer Foundation, 245 Fifth Ave., Suite 2402, New York, NY 10016.

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