



Grandparents Corner

July 2014

Protecting Children from the Sun

Did you know that just a few serious sunburns can increase your child's risk of skin cancer later in life? Protecting their skin from the sun's harmful ultraviolet (UV) rays whenever they are outdoors, not just when they are at the pool, beach, or on vacation, is essential for later life protection. Below are some steps for prevention:

- **Seek Shade** - UV rays are strongest and most harmful during midday, so it's best to plan indoor activities then. If this is not possible, seek shade under a tree, umbrella, or a pop-up tent. Use these options to prevent sunburn, not to seek relief after it's happened.
- **Cover-Up** - Clothing that covers your child's skin helps protect against rays. Although a long-sleeved shirt and long pants with tight weave are best, they aren't always practical. A t-shirt, long shorts, or a beach cover-up are good choices too, but it is wise to double-up on protection by applying sunscreen or keeping your child in the shade when possible.
- **Grab a Hat** - Hats that shade the face, scalp, ears and neck are easy to use and give great protection. Baseball caps are popular among kids, but they don't protect their ears and neck. If your child chooses a cap, be sure to protect exposed areas with sunscreen.
- **Wear Sunglasses** - They protect your child's eyes from UV rays, which can lead to cataracts later in life. Look for sunglasses that wrap around and block as close to 100 percent of both UVA and UVB rays as possible.
- **Apply Sunscreen** - Use sunscreen with at least SPF 15 and UVA and UVB protection every time your child goes outside. For the best protection, apply sunscreen generously 30 minutes before going outdoors. Don't forget to protect the ears, nose, lips and tops of feet.

Take sunscreen with you to re-apply during the day, especially after your child swims or exercises. This applies to waterproof and water-resistant products as well. Follow the directions on the package for usage of sunscreen, especially on products for babies less than six months old. All products do not have the same ingredients. If you or your child's skin reacts badly to one product, try another one or call a doctor. Keep in mind, sunscreen is not meant to allow kids to spend more time in the sun than they would otherwise. Try combining sunscreen with other options to prevent UV damage.

**Source: www.cdc.gov/cancer/skin/basic_info/children.htm
Centers for Disease Control and Prevention**

A senior or a person with disabilities may face some special challenges if an emergency strikes. Caregivers can help them learn about the challenges that they may face and help them prepare ahead of time. This will help them to cope better with the disaster and recover from it more quickly. Read the issue and answer True or False to the question below.

1. *In an emergency, Alzheimer's or dementia patients can sometimes sense when something is wrong. It is important for the caregiver to remain calm, explain what is happening simply, and give clear directions. T F*
2. *Recovering from an emergency or a natural disaster tomorrow often depends on the planning and preparation done today. T F*
3. *Making sure everyone knows where the first-aid kit and emergency supplies are located is good planning. T F*
4. *An extra cane by the bed with a whistle attached to it is helpful for blind or visually-impaired persons. T F*
5. *When the power is out, text messages cannot get through. T F*
6. *An emergency supply kit should contain everything you and the person in your care will need for one day. T F*
7. *The more medications a person takes, the more likely he or she is to fall. T F*
8. *Keep your vehicle's gas tank at least half full because gas stations rely on electricity to power their pumps. T F*
9. *It is helpful to register the person in your care with emergency response providers so that they can be located during disasters. T F*
10. *There is no need to consider medications that may need refrigeration during a power outage. T F*

KEY: 1. T 2. T 3. T 4. T 5. F 6. F 7. T 8. T 9. T 10. F