



Shade, Sunscreen and Snuggles

SUMMER

Safety for Infants

Summer is a great time to get outside and enjoy the sunshine! Follow these simple tips to help keep your family safe.



Sun Safety

- Wear hats, sunglasses, and light clothing that covers skin.
- Kids 6+ months: Use SPF 15+ or higher sunscreen and reapply every 2 hours.
- Younger than 6+ months: stay in the shade and wear protective clothing and hats.
- Limit direct sun exposure 10 a.m. and 4 p.m.
- Check the UV Index. If higher than 3+, wear sunscreen and other sun protection.

Heat Safety

- Signs of Overheating:
 - Hot or flushed skin
 - Unusually fussy or tired
 - Poor feeding or drinking
 - Fewer wet diapers
- Avoid overheating by:
 - Dressing children in lightweight, loose-fitting clothing.
 - Offering breastmilk, formula, or plenty of fluids throughout the day.
 - Taking breaks in air-conditioned or cool spaces.
 - Using cool towels, misting water, or cool bath to help cool down.

Seek medical care if your child is difficult to wake, has trouble breathing, is vomiting, or is showing signs of dehydration.

Never leave a child alone in a vehicle.

Water Safety

- Stay within arm's reach of young children around water.
- Keep older children within sight
- Avoid distractions like phones while supervising.
- Empty bathtubs and water containers right after use.

Bug Safety

- Use child-safe insect repellent as directed (Find the Repellent that is Right for You | US EPA)
- Do not apply repellent to hands, eyes, mouth, or irritated skin.
- Check children for ticks after outdoor play.
- Remove standing water around your home to help reduce mosquitoes.

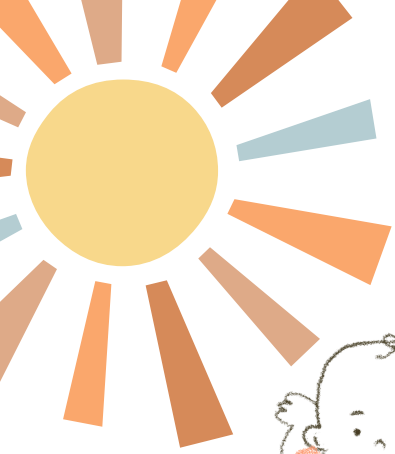


**Public Health
Nursing**

Maternal Child Health



Maine Center for Disease
Control and Prevention



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Additional Resources:

Find the Repellent that is
Right for You | US EPA



Heat-Related Illness | Maine
Center for Disease Control &
Prevention



UV Index Search |
Envirofacts | US EPA



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