

Mayo Clinic Minute: Tips for protecting babies from harmful UV rays

Video	Audio
Megha Tollefson, M.D. Pediatric Dermatology Mayo Clinic	Babies are much more prone to sunburn than older kids and adults. "Sunburns can be very painful. They can be a setup for infection if they're fairly severe."
	While sunburns are thought to be short-term concerns, there are also long-term risks to sun exposure, including for infants.
	"The more UV exposure a child gets — especially, so the younger in life that it starts — and the more sunburns they have, the higher their risk for skin cancer later in life."
	For infants, it's best to avoid peak sun hours from 10 a.m. to 4 p.m. If that's not possible, cover the baby with shade or long-sleeved clothing and a hat.
	For all babies, Dr. Tollefson says consider using sunscreen on areas of exposed skin.
	"We would recommend that, at that age, parents use the sunscreens that have physical blockers in them rather than chemical blockers because they're better for sensitive skin."
	Look for ingredients titanium dioxide or zinc oxide when choosing a safe sunscreen for baby.
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.