

# PROTECT

## your baby's skin this summer

**Do not use sunscreen on babies under 6 months old. After your baby is 6 months old, use sunscreen with an SPF of at least 30.**

**Put sunscreen on 20 minutes before you take your baby outside. Reapply sunscreen every two hours.**

**Seek or create shade for your baby. Use a wide brimmed hat on your baby and make sure they are wearing a shirt.**

**Give your baby plenty of water to drink!**



**South Central  
Public Health District**  
Prevent. Promote. Protect.

