

## **SUN PROTECTION FOR CHILDREN**

### **Why protect against the sun?**

In the past, sun exposure was thought to be a healthy benefit of outdoor activity. Modern scientific information, however, has shown many unhealthy effects of sun exposure, such as early aging of the skin and skin cancer.

### **What kind of damage does sun exposure cause?**

Part of the sun's energy that reaches us on earth is composed of rays of invisible ultraviolet (UV) light. When ultraviolet light rays (UVA and UVB) enter the skin, they damage the skin cells, causing visible and invisible injuries.

Sunburn is a visible type of damage, which appears just a few hours after sun exposure. In many people, this type of damage also causes tanning. Freckles, which occur in people with fair skin, are usually due to sun exposure. Freckles are nearly always a sign that sun damage has occurred, and therefore show the need for sun protection.

[Read more about sun protection for children on the AAD website.](#)