

## SUNSCREEN

The best protection for children against the sun is avoidance. Try to keep your infant out of direct sunlight especially during the peak hours of 10AM to 2PM. Be sure to dress him in loose-fitting, long-sleeved clothing, a wide-brimmed hat, and if possible, sunglasses.

However, if you will be outside for extended periods, **you may use sunscreen on infants as young as four months**. Be sure that it is PABA-free and designed to be used on babies. Products that contain zinc oxide or titanium dioxide provide the best coverage.

Use products with SPF 15 – 30; there is very little additional coverage in SPF 30+ products. The SPF relates to the duration of protection against UVB rays. Ideally, you want a product that protects against UVB and UVA rays.

Apply sunscreen 30 minutes prior to sun exposure and then **reapply every 2 hours**. Be sure to apply enough to retain the SPF rating and protect your child.

## INSECT REPELLENT

DEET is the most effective insect repellent, and it is safe for use in children in concentrations of 10-30%. **DEET may be used safely in infants over 2 months old**.

Apply insect repellent only once each day; do not reapply like sunscreen. For this reason, do not use combination sunscreen/ insect repellent products. Apply repellent just prior to outdoor activity, and wash it off immediately when there is no further chance of insect exposure.

When applying repellent, be sure to avoid your child's eyes, mouth, ears, fingers, and cuts/wounds. Do not allow young children to apply repellent themselves, and do not spray repellent in enclosed areas.

For additional protection, apply Permethrin to clothing, sleeping bags, and tents.

## SWIMMER'S EAR PROPHYLAXIS

Swimmer's ear is a bacterial infection of the ear canal that can occur when there is excessive moisture and a change in the normal pH in the ear canal, both of which can occur during swimming.

We recommend making a 1:1 mixture of rubbing alcohol and white vinegar drops. On days when your child has been swimming, fill each canal with the solution after getting out of the pool or before bedtime to remove the excessive moisture and restore the normal pH. **These drops should not be used in children who have ear tubes.**