

Summer Safety for Preschool Children

Summertime is full of fun and sun, but it is important to understand the risks of excessive sun and heat exposure and know how to avoid them.

Sun Safety

The sun emits ultraviolet (UV) rays that pass through Earth's atmosphere and get absorbed by our skin. It is important to find shade, wear sunscreen, or wear protective clothing during the hours of 10a.m.-4p.m. when the UV rays are the strongest.

- Before going outside, ensure that there is adequate shade in the play area.
- Encourage children to wear protective clothing like long-sleeved and light-colored breathable clothing, hats, and sunglasses. Clothing with Ultraviolet Protection Factor (UPF) of 30 or higher can offer additional protection.
- Use a broad-spectrum sunscreen with a Sun Protective Factor (SPF) of 30 or higher. Apply sunscreen 15 to 30 minutes before going outdoors and reapply every 2 hours, especially after swimming, sweating, or drying off with a towel.
- Use sunscreen even when it is cloudy outside.

Heat Safety

Las Vegas summers can be extremely hot and unsafe for playing outside. It is important to remember to stay hydrated, out of the sun, and to move indoors to a cool area when it is too hot outside.

- Make sure children drink plenty of non-sugar-sweetened beverages like water to stay hydrated.



- If it is too hot outside, inspire screen-free creativity inside the home, like creating indoor obstacle courses or arts and craft projects to build fine and gross motor skills.
- Never leave children in a parked car, even if the windows are open.
- Seek medical care immediately the child shows symptoms of heat-related illness.

Resources

- Check out the **CDC's HeatRisk Dashboard** for current and forecasted heat warnings and air quality levels.
- Visit **All-In Clark County's Heat Resource Map** to find cooling stations, public pools, and splash pads.
- You can find a location that has air conditioning by dialing 2-1-1 or visiting the **National Center for Healthy Housing's Cooling Centers by State** page.

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