

Children's Health Minute

Air Dates: Week June 12, 2006

"Sun Block"

Spot # CHMJ06B

Dr. Hellerstedt: Summer time can be a lot more fun, if you block out the sun.

Hi, I'm Dr. John Hellerstedt with the Children's Health Minute -- connecting families with Children's Medicaid and CHIP.

Most of our lifetime sun exposure occurs before the age of 18 so it's never too early to protect against skin cancer and other damaging effects of the sun. Keep babies out of the sun or covered, and use a sunscreen with a protection factor of at least fifteen on children over age six months. Apply it to dry skin fifteen to thirty minutes before going outdoors and put it on again after swimming or physical activity.

For a mild sunburn, try a cool bath, soothing gel and an over-the-counter children's pain reliever to relieve discomfort. One more thing to remember: If the sunburn is severe or blisters develop, call your doctor immediately.

Announcer: Call toll-free 1-877-KIDS NOW to apply or when it's time to renew your children's health insurance. Six months of coverage for all your children costs just 50 dollars or less, but most families pay little or nothing. That's 1-877-KIDS NOW.