

**The younger a child is, the more sensitive it will be to the heat and the sun and the greater the risk of a sun stroke, sunburn or dehydration.**

**The following tips will help you protect your child:**

Babies should not be subjected to direct sunlight. Child's skin is particularly sensitive and frequent sunburn when young will increase the risk of skin cancer later on in life.

During the hottest time of the day, ensure children stay in the shade or indoors (particularly babies) and limit physical activity.

Ensure they are wearing loose, light coloured clothing with light fabrics e.g. out of cotton. Do not forget a sun hat – with a wide brim and neck protection.

Use water resistant sun creams with a high SPF. The cream should be applied in advance – at least 20 minutes before a period outdoors.

Offer your child regular cool – not too cold – drinks (mineral water, cold fruit tea or fruit juice/mineral water mix) – even if they don't ask you for this.

Feed your child low fat, easily digestible foods, preferably several smaller meals a day instead of three larger ones. Also remember to chill all foods and keep them fresh.

During sleep, only cover your child with a light blanket – if it is very warm, it is sufficient if your child is only wearing a nappy / trousers.

Bathe your child to help cool down – ensure the water is not too cold, only about 1°C to 2°C cooler than the body temperature.

Ensure rooms are sufficiently ventilated and close blinds and curtains where there is direct sunlight.

On car journeys, ensure you take sufficient drinks for your child and never leave your child alone in the car, not even for a short time!

## **ALARM SIGNALS**

**If your child has a sun stroke (headache, sickness, abnormal fatigue, paleness), take your child to a cool, shady and quiet room and offer something to drink. If your child has to vomit, has a temperature and a severe headache, is restless or if it is not drinking, go to the doctor or call the fire brigade.**

**Fire brigade 112 - Emergency service of the medical insurance association 22 80 22**

Further information available on: [www.hamburg.de/gesundheit](http://www.hamburg.de/gesundheit)

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